

The A-Z of new skincare

Roll back the years with the latest innovative ideas and ingredients our beauty editor, Sabine Wiesel, swears by...

A is for anti-pollution performers

Are you protecting your skin from the elements? Skin doctors are now concerned about the damage city living is doing to our skin and, as a result, anti-pollution formulas have been launching thick and fast. Pollutants cause free-radical damage, so these products are packed with antioxidants and anti-inflammatories to protect and repair the skin. If you buy just one thing, make it **Prevage City Smart SPF50 Hydrating Shield** (£55, Elizabeth Arden counters) – its clever technology prevents toxins from penetrating the skin. For a day cream, you'll love **Decléor Anti-Pollution Hydrating Fluid SPF30** (£41) with the powerful antioxidant moringa. And for a light coverage, try **Clarins BB Skin Detox Fluid SPF25** (£30).



B is for blur the lines

If your foundation tends to sit in wrinkles, it's time to apply the **Max Factor Smooth Miracle Primer** (£10.99, from 1 August) beforehand. It cleverly fills in lines for a super-smooth base. For blurring targeted areas, try the **Bobbi Brown Instant Confidence Stick** (£26).

C is for carbonated cleansing

Yes, cleansing your face with fizzy water is a new thing! It started in Japan, and has spread through Asia. 'It's great at removing impurities from pores, and helps remove dead skin cells,' says Vicky Lee, Korean lifestyle coach and founder of sorabelle.com. Try a fizzy cleanser for the same effect...



SAVE Bioré Baking Soda Cleansing Scrub (£7.99).

SPEND Nude Detox Brightening Fizzy Powder Wash (£38).

D IS FOR DRY BRUSHING

Dry brushing your body regularly is a brilliant natural exfoliator. Now you can do the same to your face with the **Aveda Tulasara Radiant Facial Dry Brush** (£27).

'The average person will shed up to five billion skin cells per day, so this gentle exfoliation helps to eliminate toxins and keep skin looking smooth,' says Antonia Wheatley, Aveda skincare expert. Combine it with **Oleation Oil** (£38), as this encourages you to massage your face. 'Self-massage increases the micro-circulation to the skin, improving the oxygen supply and leaving skin even more radiant,' she says.

