

THE BEAUTY PRODUCTS EXPERTS SWEAR BY

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Skincare- The season's top beauty trend

Every season has its stand-out beauty craze, from the 50s-winged eyeliner to the 90's matte brown lips. So what beauty trend defines this season? Skincare. With the current health and social situation, and while most of us are in quarantine, this is the perfect time to sit back, relax, and show your skin the care it deserves.

Skincare enthusiast and journalist Sally Underwood shares her secrets to having the perfect skin and must-have beauty items for this summer. "I'm both a true beauty addict and a beauty journalist. After testing out thousands of products over the years, my passion for skincare is as strong as ever, and I have a particular love for anything nature-inspired and cruelty-free." Says Underwood.

When asked about the most noticeable trend for this season, Underwood explained that skincare is the way to go. "I think skincare is increasingly taking priority over makeup, and younger and younger women are paying attention to the health of their skin. Similarly, I'm noticing an increased interest in the ingredients in a product, as well as whether a particular brand is cruelty-free," Underwood explains.

What advice can Underwood give to young females? while all young women tend to experiment with different products and brands, Underwood advises against that. "It can be tempting to start experimenting with all the active ingredients that are so popular right now. Instead, I'd recommend just creating high quality yet gentle routine that incorporates a thorough, non-drying cleanser and a non-comedogenic (pore-blocking) moisturiser. Combined with an SPF, this will give skin what it needs to stay healthy, and hopefully protect it from any future concerns like melasma, hyperpigmentation or premature ageing," said Underwood. So, how can you know which product is best for your skin type?

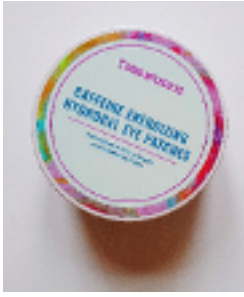
According to Underwood, "It's important to know what your skin type is so that you pick the right things for your particular skin. If you can try samples of something first, then do as this can sometimes save money on buying a product you don't like."

As for women aged 25 or over, Underwood counsels that females should maintain the use of a "good quality cleanser, moisturiser and SPF while incorporating products to target specific concerns and speed up cell turnover like retinoids" adds Underwood. Further, the beauty guru recommends that "a trip to a dermatologist who can create a custom skincare routine and even prescribe stronger products like retinoids that can be cheaper", could be an alternative.

For those who prefer a natural look, Underwood suggests that many skincare products are guaranteed to give a flawless look we all seek after. "Drunk Elephant's D Bronzi is a good choice. It can be added to moisturiser and gives a nice glow. I also like tinted lip balms combined with eyelash lifts, which mean you don't need mascara", reveals Underwood.

Her favourite skincare products for this season under eye gels are a must for her routine. For curing dark circles under eyes, puffiness, lines, and wrinkles, Underwood advice using these gels before important events or for those days you don't sleep well. "For days when you haven't slept well, or before an important event, under-eye gel patches can provide a quick de-puffing and brightening treatment."

Another must-have, Underwood recommends, are retinol. Know for being enriched with Vitamin A, retinol is the ideal solution for different skin conditions, from wrinkles to acne and anti-aging with their ferulic acid. Underwood's favourite retinol brand? "I love Dr Dennis Gross's Ferulic + Retinol Wrinkle Recovery Peel. Pricey, but they offer the speediest glow and improvement to pigmentation issues on my skin."



Good Molecules - £19

drsambunting.com - £29



spacenk.com- £89.00



LIXIRSKIN Vitamin C Paste - £29



C. Tango Multivitamin Eye cream - £54- available at cultbeauty.co.uk

£32 - spacenk.com



£30- spacenk.com

IGK - Anti-Frizz leave in conditioner £25



£29 to £39 - functionofbeauty.com



Since summer is fast approaching, a must-have product is a sunscreen. While offering protection against UV radiation, Dr Sam's Flawless Daily Sunscreen, also a favourite of Underwood, offers moisturisation in addition to being free of fragrance. "This is a non-negotiable for all skin types, and I love a mineral version for providing the broadest coverage as well as being gentle on skin. The issue can often be irritating white marks or flaking, though, so the most wearable one I've found is Dr Sam's Flawless Daily Sunscreen."

With the current quarantine situation, our skin can look quite tired from spending most of the time indoors. The solution? Vitamin C. "This ingredient is not only great for giving an amazing glow, but it's also a great antioxidant. I have so many favourite vitamin C products, but one that stands out is" adds Underwood. Additionally, 'the function of beauty' allows you to create your customised shampoo and conditioner that is also vegan and cruelty-free when it comes to hair care. "As someone with pretty dry, fluffy hair, I love that I can treat multiple hair issues in one go with Function of Beauty's custom-made products. Their shampoo and conditioner are my favourites," says Underwood.

She adds that a hair serum can also be beneficial and adds a shine as well. "My current favourite is IGK's Mistress Anti-Frizz Leave-In Conditioner." Underwood's final tip for summer-ready hair is Ouai's Hair & Body Scrub. "I'm someone who uses dry shampoo more often than I should, so I like to make sure I give my scalp a good cleanse every so often with a gentle scrub like Ouai's Hair & Body Scrub."

For those seeking brighter, firmer skin, Underwood advises with vitamin C eye cream. "The skin around the eye is pretty thin, so a good eye cream is important. I like Drunk Elephant's C Tango Multivitamin Eye Cream," claims Underwood. The final tip from Underwood is Drunk Elephant's D Bronzi for protection against environmental damage. "This tinted antioxidant serum makes wearing SPF so much easier- getting rid of any whiteness at the same time as adding in some antioxidant protection. This also mixes beautifully with moisturisers and face oils to give a beautifully bronzed glow."