

The SKINCARE game-changers

We've found the easy but effective ways to upgrade your pre-wedding routine



Sometimes it's the small changes that make a big difference – and that's certainly true of skincare. If you're confident in your current routine but want to show your skin some extra love in the run-up to w-day, the answer is to tweak rather than totally rethink. That's why we've rounded up the upgrades you can make to supercharge your skincare. We're not suggesting you try all of them – in fact, please don't, your face won't thank you. Pick a couple according to the effect you want to achieve, whether that's more luminosity or extra firmness, and add them to your routine. Ready, set, glow...

Elevate your NIGHT CREAM

Day creams are all about protection – defending skin against everything from pollution to UV rays. At night, skin goes into regeneration mode, making it the perfect time for a more treatment-focused product. So, if you only want to upgrade one part of your moisturising regime, we'd recommend rethinking your night cream. (Just promise us that your existing day cream contains SPF, or that you're layering an SPF on top – it's the biggest long-term favour you can do for your skin.) You don't have to stick to the same brand for both products. "Sometimes it's nice to use a whole range, especially if it contains a lot of active ingredients that work well together," says award-winning facialist Chelseé Lewis, who's worked with Suki Waterhouse and Gwyneth Paltrow. "But it's not a major sin if you like to chop and change depending on what your skin needs. Night cream should help your skin look and feel rejuvenated the next morning."



Origins High Potency Night-A-Mins resurfacing cream, **£30**
Packed with fruit-derived AHAs to help bring out your glow



Clarins Multi-Active Night Cream, **£44**
Nourishing for stressed complexions, and available in a version for combination skin



Elemis Pro-Collagen Overnight Matrix, **£148**
A real game-changer for skin plumping from a go-to brand for skin excellence



La Roche-Posay Redermic [R] Anti-Ageing Concentrate, **£32 at Feel Unique**
Great for first-timers or sensitive skin



Dermalogica Overnight Retinol Repair 1%, **£90.50**
This treatment comes with Buffer Cream so you can gradually increase the dose without alarming your skin



Paula's Choice 1% Retinol Booster, **£48**
Use alone or add to your moisturiser for a radiance-boosting effect

Get into RETINOL

"When it comes to reversing the signs of skin ageing, retinol is hands-down the industry's gold-standard ingredient," says Victoria Schofield, digital education executive at Dermalogica. "It has the power to help accelerate skin renewal and reduce the appearance of wrinkles, fine lines and age spots." Our advice on using this magic ingredient is to begin slowly with a gentle formulation and don't use it every night to start. "Everyone's skin reacts differently to retinol," says Victoria. "Sensitive and reactive skins may not tolerate retinol products. Some people experience temporary redness, flakiness, peeling and sensitivity because their skin lacks enough 'retinoid receptors'. Fortunately, the skin can build retinoid receptors with controlled exposure to retinol."

Book some FACIALS

Regular facials can make a difference to your skin, particularly if you have specific concerns to address. "Most people should have a facial every three to four weeks, as the skin sheds every 21–28 days," says Chelseé. Ideally, choose a facialist who will tailor the treatments to your skin and the affect you want to achieve. "Never get a facial closer than seven days in the run up to the wedding," says Chelseé. "The last thing you want is a deep-cleansing facial the day before and then to have a break out, that's the nightmare!" If facials aren't right for you, there are other favours you can do for your skin. "It's important to avoid greasy foods, sugar and alcohol before your big day – all of which cause inflammation which leads to spots," explains Chelseé. You could also consider adding a mask to your routine, for some at-home pampering.



Glamglow Berryglow Probiotic Recovery Mask, **£36**
In times of dullness, a great mask to get skin looking super-healthy

Eve Lom Radiance Transforming Mask, **£65**
Luxuriously moisturising with AHAs for gentle exfoliation



Bioderma Hydrabio Mask, **£15.50 at Feel Unique**
Perfect for restoring pillow-soft plumpness to dehydrated skin



WORDS BY HANNAH DAVIES. PHOTOGRAPH BY GETTY IMAGES

Find a GENTLE TONER

Toners fell out of skincare favour for a while, but they're firmly back on our radar – and these formulations have nothing to do with the skin-stripping versions of years gone by. There are toners to address a range of concerns, from clogged pores to dehydration, and when applied after cleansing, they can help your follow-on products work harder, too. Look out for alcohol-free products, to avoid moisture loss.



Darphin Refreshing Toner, **£25**
Perks up skin and adds hydration – the delicate fragrance is an added bonus



The Body Shop Vitamin E Hydrating Toner, **£8**
Manages to be both cleansing and hydrating, at a wallet-friendly price point



Liz Earle Instant Boost Skin Tonic, **£16**
Soothing formula designed for freshening and boosting hydration

Start DOUBLE CLEANSING

Double cleansing may be on trend, but that doesn't mean it's a passing fad. "Everyone should double cleanse at night on a daily basis," says Chelseé. "It's important to cleanse as soon you get home from work, especially if your skin has been exposed to pollution and grime. The first cleanse removes superficial dirt and make-up, while the second cleanse is more in-depth and sweeps away anything the first cleanse didn't!" There are some very good two-step cleansing sets out there, but you don't necessarily have to use a different product for each cleanse. "It depends what works for you," says Chelseé. "I personally like the Eve Lom cleanser, which I use with a muslin cloth. If I'm feeling lazy, I'll use a wash-off cleanser and follow it up with micellar water."



Pixi + Caroline Hirons Double Cleanse, **£24 at QVC**

This two-in-one provides effective oil for removing make-up followed by a nourishing cleansing cream



Charlotte Tilbury Goddess Cleansing Ritual, **£32.50**

After the melting cleanser, use the clarifying charcoal for a beautifully thorough clean



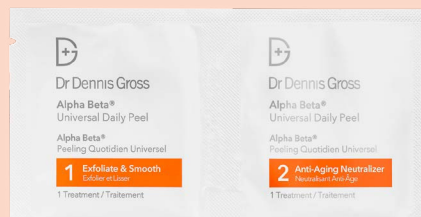
Garnier Micellar Milky Cleansing Water, **£5.99**

We love the award-winning original – this gives extra hydration

Glossier Solution, **£19**
Contains three different acids to combat those pesky dead skin cells, and reduce redness and blemishes



Dermalogica Multivitamin Thermafoliant, **£52**
Fine particles combined with chemical exfoliants – a real hero product



Dr Dennis Gross Alpha Beta Universal Daily Peel, **£18 for five**
Five different acids and a raft of antioxidants make this great for pores and fine lines

Supercharge your EXFOLIATION

Removing dead skin cells can help your serums and moisturisers absorb better, and improve skin health. There are two kinds of product to consider: physical and chemical. "Physical scrubs have a bumpy or gritty texture that mechanically scrubs the surface and are generally good for younger, normal and oily skins," says Victoria. "With physical exfoliators, skip products made with sugar, salt or nuts as they can tear and irritate the skin. Instead, look for scrubs with jojoba, corncob, rice bran or fruit powders in them. If you have oily skin, consider an oil-absorbing scrub made of clays such as kaolin or diatomaceous." Chemical exfoliants contain ingredients such as alpha hydroxy acids (AHA) that digest the glue holding dead skin cells together. "This can deliver a deeper level of exfoliation but that is dependent on the concentration of acids in the formula," says Victoria. "These versions are often liquid and smooth in texture and may not require rinsing off. A chemical exfoliator can be gentler on the skin due to no abrasion, however, more potent formulas work at a much deeper level and may not be tolerated by some skins. The results are typically more impactful on challenging skin conditions such as acne, pigmentation and skin ageing, offering longer-lasting results."

Introduce VITAMIN C

Antioxidant vitamin C has rapidly achieved hero status in the skincare world, thanks to its brightening and firming properties. It's worth thinking about swapping your usual serum for a product containing this wonder ingredient, which has been credited with everything from fighting pigmentation to stimulating collagen production.



Elizabeth Arden Vitamin C Ceramide Capsules Renewal Serum, 30 capsules, **£42**

Packed with skin-boosters, each clever capsule gives the perfect dose



Alpha-H Vitamin C Paste, **£40**
Contains 10% ascorbic acid, the form of vitamin C with the most scientific research behind it



Super Facialist Vitamin C+ Brighten Booster, **£18**
Add to your existing moisturiser or serum to charge it with vitamin C goodness