

your style

TIPS TO UPDATE YOUR LOOK

If your skin is in a little need of TLC (we're looking at you, sun exposure), then make retinol your new best friend. Renowned for taking years off your appearance, we break down this fountain of youth with the help of dermatologist Dr Sarah Shah (artistyclinic.co.uk). "As well as reducing fine lines and wrinkles, retinol also stimulates the production of new blood vessels in the skin, increasing cell turnover and improving uneven skin tones," she says. Our collagen levels begin to decline every year after the age of 25, making our skin less firm and plump than it used to be. So, how can retinol help? "Retinol acts directly on fibroblasts - cells which produce collagen - to keep them switched on and working to their best ability," explains Dr Shah. Retinol can be used day and night, but make sure you apply a good SPF afterwards as it makes the skin more sensitive to light, warns Dr Shah. "It's also worth noting that retinol is not suitable for all skin types. Those with sensitive skin conditions such as eczema, rosacea and peeling should avoid using it, and always seek advice from a dermatologist."

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OF THE BEST LIP BALMS

FRUUS WATERMELON LIP BALM

FETA-approved and cruelty-free, this lip balm is sure to be your new pocket essential. It's infused with aloe vera, while the watermelon seed oil and coconut oil lock in moisture for a smooth and buttery feel. £2.99, fruuskincare.com



E.L.F. LIP EXFOLIATOR

If you're a fan of matte lipsticks, prep with e.l.f.'s lip exfoliator before you apply it. The exfoliator has a sweet sugar and smoothing sensation to soothe dry and chapped lips. It's infused with vitamin E, shea butter and avocado, too! £4.50, elfcosmetics.co.uk



BURT'S BEES TINTED LIP BALM

Add a pop of colour to your lips without the commitment of a lipstick. Burt's Bees has created this tinted lip balm to make your lips look lovely in one swipe. It comes in a range of six flattering shades and provides eight hours of moisture. £5.99, burtsbees.co.uk



CHEEK CHIC

NARS blush, £25, narscosmetics.co.uk

This best-selling blush will enliven your complexion, giving you a healthy glow for the upcoming seasonal change. *H&W* loves the Nico shade, it combines a luminous cream with a soft sheen.



SPEND



SAVE

Milani Rose Trio Palette, £14, beautybay.com

This palette contains three petal-perfect blush hues to add a natural flush to your complexion. The highly pigmented, super-soft shades can be worn together or alone to add colour your cheek bones.

H&W QA

ASK THE EXPERTS

Q: How can I brighten a dull complexion now we're moving into the autumn months?

Bryony Blake, celebrity make-up artist says:

A: "While autumn is the perfect time to prepare your skin for winter, you don't want to lose that gorgeous summer glow. To keep skin looking radiant, try using the Lumene Invisible Illumination Instant Glow Fresh Skin Tint (£32.90, lumene.com) under foundation for a beautiful glow and extra hydration. As it's autumn and a bit cooler, I tend to go a little heavier with my foundation, and my favourite for this is the L'Oréal Paris Infallible 24hr Foundation (£7.99, loreal-paris.com). It's ideal for providing a lightweight base that you can build up depending on the level of coverage you want. I like to finish off my look with a cream-to-powder blusher in a warm tone. By going for a warm terracotta tone it means that you can combine your bronzer and blusher in one. I love the matte softwear blush from Lime Crime in shade 'Whif' (£22, limecrime.com) as it blends onto the cheek like a cream, but finishes in a matte powder form. This can also be used on the lips too, which is always a win-win!"



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HOW TO STYLE...

the waterfall jacket

"It's always easy to grab your puffer jacket when heading out on autumnal days, but a waterfall jacket could be a more luxurious piece of layering for the colder months," says Jess Mulvaney, stylist at Jules B (julesb.co.uk). "This key piece can add a glam and sophisticated edge to any outfit, and is a figure-flattering alternative to your bulky quilted bombers or faux fur coats."

WHAT CAN I WEAR IT WITH?

"When it comes to autumn-winter fashion it's all about layering with stylish pieces," explains Jess. "This look is easy to create using a waterfall jacket, which can be teamed with your favourite pair of skinny jeans, a comfortable high neck top and ankle boots. Adding a scarf underneath the lapels

completes this ultra-chic look. Another of my favourite pieces to style with this jacket is a richly coloured satin midi skirt and light round neck jumper with statement heels."

ANY OTHER STYLING TIPS?

"Finish off the look with statement jewellery and sunglasses, adding your favourite handbag for a 'luxe' look. I think it's a wise choice to stick to neutral colours when it comes to finding the perfect waterfall jacket, as it'll be much easier to style with your current wardrobe," advises Jess. "If you're more adventurous with your style, you could opt for something more vibrant. My top tip would be to make sure that the coat is longer when pairing it with a dress or a skirt, as it's more flattering!"



GOT A STYLE QUESTION?
Email us at letters@yourfittestoday.com