

Three of the best... beauty supplements



The vitamin D, magnesium and zinc in this food supplement fight signs of ageing caused by reduced cell renewal after the age of 40, while omega 3s and amino acids help keep skin firm. Lumity (£76.50 a month; 0800 652 8678, lumitylife.co.uk) also aims to aid the immune system and cognitive function.

My tester reported better sleep and a reduction in PMT symptoms.

Orange-flavoured Perfectil Platinum Collagen Skin (£39.85 for 10 drinks; 020 8955 2662, perfectil.com) is aimed at boosting the collagen we shed from the age of 25. An annual loss of about 1.5 per cent of this amino acid that helps with skin strength and elasticity means that by the time we hit 45 we've up to 30 per cent less than we started with. This drink has hydrolysed marine collagen to help slow the formation of wrinkles. I just wish it didn't contain artificial sweetener.



If you don't want to take loads of different supplements, try WelleCo The Super Elixir Alkalisng Greens (£36; 020 8740 2085, spacenk.com) from Elle Macpherson's wellness brand. This powder has 45 key ingredients, including

omega-3, fibre, vitamins, minerals, a probiotic and digestive enzymes. I found it easiest to take in smoothies, but a couple of spoonfuls in almond milk wasn't too bad.



Nectar of the gods

For dry or damaged skin try **Guerlain Black Bee Honey Balm (£41; 03456 049049, johnlewis.com)**, packed with the golden nectar of Ouessant black bees. The nectar, known for its healing qualities, is added to a fix-all balm to help to restore rough patches and improve the skin's protective barrier. I've a feeling it will work wonders in reducing the appearance of healed – not scabbed – scars, too.

Oh so healing

Feeling frazzled? South Korean energy specialist Master Oh may have the solution. He has brought Eastern healing to stressed-out Westerners at his central London clinic, promising to treat a range of complaints from low energy and chronic fatigue, to stress, anxiety and back pain. He draws on the Taoist art of **Qi Healing** to correct energy imbalances that can have negative effects on mind and body. The treatment takes the form of a 15-minute massage, during which Master Oh applies firm pressure to stimulate energy points, releasing blockages and toxins through his own body through a series of bizarre burping and sucking sounds. My tester said it was hard to get over the oddness of the experience, but she did come out feeling lighter and more relaxed. The first treatment and consultation costs £180 and follow-up visits are £150 a session (£650 for five). To book, call 020 7462 8811 or visit masteroh.com.



Victoriana

The much-hyped second capsule collection from **Victoria Beckham Estée Lauder** hits the beauty counters at the start of September – and it is already being lusted over by those who have managed to get in a sneak peek. Check out the **Eye Foils (£28; esteelauder.co.uk)**, which give a seriously impressive vinyl sheen that lasts for hours, while the sparkly pearl pigments they contain really ramp up the liquid-metal finish. If your skill doesn't lie in precision flicks for your peepers – and mine never has – the **Smudgy Matte Eyeliner in Graphite (£36)** is for you. A sponge tip allows you to (intentionally) create a slightly imperfect smudge of grey along your lashline with the powder eyeliner. And finally, for a complexion that looks as though you've used an Instagram filter, check out the **Skin Perfecting Powder (£62)**. This stylish palette is filled with a translucent pressed powder that helps blur pores and set make-up without leaving the skin looking dull.

