

beauty secrets

Post-summer skin rehab

It's time to revive your routine after a season of sun and excess

Rehydrate

Parched skin can be brought back to the life with the help of a super-hydrating moisturiser. Swap out your usual day cream for something light and refreshing to give thirsty skin a big drink. Hyaluronic acid is your best bet here, and it's featured in many new serums and moisturisers. These should help skin feel more comfortable, as well as help keeping it plump.

Pestle & Mortar Hyaluronic Serum, £36



Indeed Laboratories Hydraluron Intense Moisture Lotion, £24.99



Vichy Aqualia Thermal Serum, £25



The Ordinary AHA 30% + BHA 2% Peeling Solution, £6.25



Renew

If your skin's feeling dull and overexposed, incorporating a brightening treatment will help provide a glow. Liquid acids are perfect for this – we promise they aren't as scary as they sound! They gently exfoliate without using harsh scrubs that can tug at the skin's surface. Pampering masks help brighten your complexion while feeling like a luxe treat.

GlamGlow FlashMud Brightening Treatment, £42



Alpha-H Liquid Gold With Glycolic Acid, £33.50



Protect

Just because summer's coming to an end, it doesn't mean it's time to pack away the SPF. You should be using a minimum of factor 30 on your face every day, as even when it's cloudy outside, your skin can be affected by damaging UVA and UVB rays. You should also be protecting from skin-damaging pollution, especially if you live in a city.

BareMinerals Complexion Rescue Defense Radiant Tint Moisturizer, £35



Clinique Dramatically Different Hydrating Jelly, £31



La Roche-Posay Anthelios Invisible Anti-Shine Mist, £14

