

strengthen the pore walls with soybean protein and ultimately refines the skin's texture. Use directly on areas with visible pores, morning and night.

ROSACEA

This is a common skin disorder which is characterised by redness and sometimes pimples, bumps or burst capillaries. Skin is often hot and sensitive to touch, and many skincare products can make the condition flare.

DIY SOLUTION: OmVeda Silver Day Cream, 65ml, \$49.50, contains finely ground silver and silver leaf. This precious metal is known to contain certain cooling properties, so is great for calming the heat and redness of rosacea and refreshing the complexion.

Saffron is also included in the cream and can soothe sensitivities and rashes, giving the skin a lovely healthy glow.

Stockists: 1300 662 383.

MENOPAUSE

From about 50 onwards, women will start to feel the effect of menopause on their skin. This is due to a reduction in oestrogen levels, which leads to loss of elasticity, sagging – and thinning, sensitised skin. The complexion can also often feel flushed and hot.

DIY SOLUTION: Indio Restore Gel and Indio Rebuild Cream, 50ml, \$114, are formulated with soybean and wild yam root extract, which is great for soothing menopausal skin.

Amino acids and natural fatty acids help nourish weakened complexions. Try Indio Replenish, 30ml, \$112, which is an instant skin-lifting serum. It makes the complexion feel firmer and plumper.

Stockists: www.indioskincare.com

DEHYDRATION

Most women suffer from dehydrated skin, even if their skin is oily. But the problem is exacerbated as we mature. Sun damage, hot showers, air-conditioning, wind and heat can all contribute to moisture being lost from the skin.

DIY SOLUTION: Designed to revive circulatory function in the skin, Skeyndor Skin Oxygen Cream, 50ml, \$86.50, is especially formulated for dry and ageing skin. Containing phospholipids, ceramides and vitamins A and E, the cream boosts cell respiration and helps trap moisture in the skin, preventing it from escaping.

Stockists: 1800 554 545.

LACKLUSTRE, STRESSED COMPLEXION

The environment can play havoc with your complexion, from sun to pollution, stress, the ozone layer, smoking and alcohol. Says American skincare formulator, Joseph A. Lewis, "The cell is under continuous oxidative stress – up to a million insults each day – so you're ageing just by getting up." These environmental aggressors make the skin look stressed, lacklustre and often grey in colour.

