

LISA MILLARD, 54 BIT ON THE DRY AND OLD SIDE

Going to: The Advanced Skin Clinic by Rachel Eve, The Old Stable, Stetchworth, Newmarket. See racheleve.co.uk and call 07759 415118.

The facial: Rachel Eve Signature Facial, £120 for 95-minute treatment and 45-minute consultation. The facial uses Environ, Dermalux LED and Image products.

How well behaved is your skin normally? My skin is going through the process of ageing and menopause leaving it frequently dehydrated and dull. My problem child is the area under my eyes where wrinkles are tell-tale indicators of a life well lived.

What does this facial offer? This facial puts you in the expert hands of a skincare specialist. Rachel's clinic is fast becoming the go-to place for truly bespoke facials which use a variety of the latest, most advanced technologies, treatments and products to deliver effective, long-lasting and sustainable results by improving the skin at a cellular level.

How did it go? Rachel has the most beautiful and bijoux treatment room where she showcased an impressive skincare knowledge during my consultation. My facial started with a lactic acid peel to brighten and exfoliate my skin, helping active ingredients applied after to fully penetrate, and a mixture of anti-ageing serums targeted my fine lines. An Environ Ionzyme probe (it uses a combination of pulsed iontophoresis and low frequency sonophoresis) helped advanced peptides penetrate skin deeply. Dermalux LED phototherapy stimulates collagen and an advanced Environ mask (it even covered my eyelids – a tricky area to treat) clipped to the ionzyme machine pushed vitamins A and C deep into my skin.



Recommend it? Absolutely, and regularly please. Rachel hand-picks each and every component of her treatments to best serve her client's needs. One treatment shaved at least five years off me – my skin was far brighter, plumper and attracted rave reviews from friends and family all week.



SCIENCE of SKIN

The media is buzzing with on trend and hyped ingredients, but which ones actually work? Velvet columnist and facialist Rachel Eve of the Advanced Skin Clinic lifts the lid on the ingredients scientifically proven to work

I meet many women who happily spend their money on a new pair of shoes or party dress to wear only once, but don't see the benefit in investing in good skincare. I suspect this comes from trying products but not seeing improvements. To help navigate the key components required to support your skin, I have compiled a guide to skincare ingredients and terms.

1 Vitamin A is the holy grail of skincare. It comes in many forms, most commonly Retinol, Retinyl Palmiate or Retinyl Acetate. It's the only proven molecule to keep skin healthy by communicating with and reprogramming the cellular function of the skin in order to make cells behave in a younger manner.

2 Vitamin C is another crucial ingredient for skin health – it strengthens collagen, soothes redness and lightens pigmentation. Look for products that include L-Ascorbic Acid (but not recommended for breakout prone skin).

3 Anti-oxidants are key in any skincare routine. They protect skin from free radical attack and allow active ingredients in skincare products to work effectively.

4 Peptides are a must for anti-ageing. They stimulate the activity of growth factors which produce collagen, elastin and moisture. Look out for Matrixyl and Argireline.

5 AHAs/BHAs (alpha hydroxy acids/beta hydroxy acids) toner or lotion is a great

alternative to granular scrubs to exfoliate skin. AHAs are generally sourced from natural ingredients and are water soluble and gentle. BHAs penetrate deeper and cut through oil more effectively. Lactic acid, salicylic acid and glycolic acid are the most commonly used.

6 Hyaluronic acid is found in the skin and keeps cells plump and hydrated. It's used to prevent or treat ageing and dehydrated skin.

7 An SPF which gives UVA, UVB and anti-oxidant protection is a must. The higher the protection doesn't necessarily mean better protection if it only protects from UVB (burning) rays.

If you would like to know more, read my blogs or book a free consultation – see racheleve.co.uk