



MC LOVES... SANCTUARY SPA WET SKIN MOISTURE MIRACLE, £8 (BOOTS.COM) On manic mornings, finding time for body lotion is no mean feat. Enter this new-gen version, which you apply in the shower. Simply slather on to wet skin, pat dry, then get dressed. Because the formula locks the water from your shower into your skin cells, it's twice as effective as normal lotion. And a whole lot speedier!



GREEN-FINGERED GOODNESS

As if you needed more of an incentive to buy a Jo Malone candle, 75 per cent of profits from the pretty Iris & Lady Moore Charity Candle, £46 (above), goes to supporting those with mental-health issues through the cultivation of therapeutic gardens around the country. Equal parts fresh, spicy and powdery, with geranium, iris and vetiver, every time you light it, you'll be reminded that you're making a difference.



THINK PINK

Nothing fakes a good night's sleep like a pop of pink blusher on the apples of cheeks. At Adam Selman, the models didn't just stop there. Generous swathes of blusher were also grazing the corners of eyes and temples. For a softer take on the look, try **Nars Liquid Blush in Orgasm**, £23 (Fabled.com, above), or dial it up by layering **Givenchy Prisme Blush in Love**, £33.50 (Debenhams.com, below), on top.



ADAM SELMAN

BEAUTY NEWS

ANATOMY OF: MURAD CITY SKIN AGE DEFENSE SKIN SPF 50, £45 (FABLED.COM)

It's one thing for a sunscreen to protect against UV rays. But when it also shields you from wrinkle-accelerating pollution, infrared radiation and blue light emitted from computers, tablets and phones? Then we really take note (and apply a large dollop). Meet the future of sunscreen formulas...



Potent antioxidant lutein protects skin from blue light, plus carbon particles, heavy metals and chemical pollutants in city air.

Polymers create a breathable 'second skin' to block toxins from adhering to your face.

Iron oxides prevent infrared radiation (invisible rays from the sun that can penetrate deeper layers of skin) wreaking havoc.

Mineral filters, including zinc oxide and titanium dioxide, shield against UVA and UVB rays.



ADAM SELMAN