



THE DETOX ZONE

When we talk about stress we think of a deadline, an argument or a to-do list longer than Karlie Kloss's legs. These can all cause your cortisol levels to max out and pre-existing conditions, like eczema and psoriasis, to flare up. But skin is assaulted with another, more damaging stressor every day: oxidative stress, caused largely by soot and diesel exhaust. A dull and grey pallor is one side effect, but pollution also damages the skin's mitochondria – tiny organs within your cells that use oxygen to keep skin acting young. 'Pollution affects the mitochondria's ability to breathe and produce the energy it needs to send repair messages between the skin and brain via the nervous system,' says Jamie O'Banion, founder of Beauty Bioscience. 'Without them, we can't produce the collagen and elastin that keeps skin firm and healthy.' So what can you do about it? Washing your face with a 'farm-to-face' cleanser, powered by the purest home-grown extracts is the first defence when it comes to detoxifying your complexion. Try Tata Harper's Clarifying Cleanser, £62, which is untouched by insecticides and brimming with prickly pear flower enzymes to chemically exfoliate. A super absorbent charcoal face mask like Origins Clear Improvement Active Charcoal Mask To Clear Pores, £26.50 (Fabled.com), will also act like a magnet to lift away grime. But the importance of a moisturiser that bolsters your mitochondria can't be overstated. When Shiseido learned about ashitaba, a Japanese plant extract used in Asian pharmacology for its protective affect on the nervous system, it incorporated it into the new Essential Energy Moisturizing Cream, £59. All you need to know is, it revives inert city complexions by boosting cells' energy production while the elastic microspheres roll over the skin and keep it physically stimulated. ►

MAKE-UP BY GINA KANE AT CAREN USING SHISEIDO. HAIR BY DAVID WADLOW AT PREMIER. NAILS BY GLENIS BAPTISTE AT CAROL HAYES MANAGEMENT. MODEL: LI XIAO XING AT ELITE. JERSEY AND VISCOSE TOP (WORN THROUGHOUT), £155, SPORTMAX

