

CARDIO FOR YOUR COMPLEXION

When the muscles in your face tense up as a result of stress, they are more likely to harbour wrinkles. Melting away tension, NU Skin's Ageloc Lumispa (01), £183, is the first cleansing brush to use the optimum frequency of 15 hertz and a counter-rotating head to encourage skin cells to move. 'It is the [facial] equivalent of a jog,' says Dr Helen Knaggs, vice president of global research and development at NU Skin. 'This movement encourages your cells to produce the proteins needed to firm the skin and also causes your pores to open and close in order to push dirt out.' Meanwhile, Carita MY CLE, £399, comes very close to an actual cardio workout by combining light energy (red for collagen production; blue for blemishes; white for radiance) and microcurrent to stimulate your muscles. And Beauty Bioscience GloPro Microneedling Regeneration Tool (02), £199, tackles lines by driving teeny holes into the upper layers of your skin with a roller covered in needles. This sends a signal to get extra collagen to the site of damage and ensures your skincare absorbs 200 times more effectively. Too intense? Nurse Jamie's Triangle Facial Beauty Tool, £125, uses sonic technology to gently lift your muscles.

HIIT YOUR SKIN CELLS

It's a term for interval training that alternates low- and high-intensity workouts, but HIIT is also inspiring a new 'pulsing method' in skincare. The idea is to give fatigued skin time to recuperate, then step things up with a burst of brightening action. Avon paved the way with Anew Reversalist Infinite Effects Night Treatment Cream (03), £28 – a hyaluronic acid product you apply for seven days, before swapping to a retinol cream. Vichy's new Liftactiv Brightening Skin Corrector (04), £28 (Boots.com), is based on similar rotational tech. With one of the highest levels of pure vitamin C at 15 per cent, use it as a 10-day cure whenever skin needs a brightening boost. Meanwhile, with Dior's Capture Youth Serums, £75 each (Johnlewis.com), you can create a 30-day customised treatment. Dial down sensitivity, for instance, with The Redness Soother (05), or raise your game with the Lift Sculptor. 'Rotating

formulas gives you a better result,' says Dr Prenna Jones, who created Fix Holiday, £245, a moisturiser to be used every four weeks. 'Your cells have a chance to rest and accumulate fresh energy. Then, when you introduce potent ingredients, like retinol or acids, they are ready to use them to regenerate your skin.'

THE COOL DOWN

An intensive sweat sesh is a great reliever of stress, making it as good for your worry lines as it is for your psyche. 'Exercise helps to release endorphins for feelings of mental positivity and lowers levels of the stress hormone cortisol,' says O'Banion. 'As well as making you feel less anxious, this is important for your skin. Cortisol increases sugar levels in the blood and triggers a process called glycation, where collagen degrades and causes wrinkles. A dip in cortisol will also keep your adrenal glands in check to fight spots.' Now, beauty brands are increasingly tapping into the positive benefits of exercise with post-workout products that make you look great *and* stop those feel-good chemicals from waning. Knowing that a stinging red face is enough to make any woman freak out, Pretty Athletic created The Recovery Boost Cell Repair Serum, £28, and left out hardcore anti-agers such as glycolic acid, retinol and vitamin C, which can lead to irritation when you break a sweat. Instead, its gentle formula uses plant sterols to coax away redness, antioxidants to restore the skin barrier and the scent of rose damascena and jasmine to do the very important job of unwinding. If you're prone to blemishes, take advantage of lower cortisol levels with the new Clinique Fit Post-Workout Mattifying Moisturizer (06), £26, which keeps surface oil in check. Meanwhile, Espa's Fitness Shower Oil (07), £34, is the perfect tonic to revive tired muscles and a stressed mind. It is packed with peppermint oil, which researchers at the University of Maryland Medical Center in the US found can decrease the body's stress hormones with just a few sniffs. That's proof enough for us that this regime might just bring your skin and senses back from the brink. ■

