

QUEENS OF THE NEW AGE

Your essential toolkit for good-looking skin *and* psyche



1 Glossier Haloscope in Topaz, £18

Part skincare, part make-up, this gleaming highlighter contains an outer ring of topaz crystal to energise lacklustre complexions.

2 Sunday Riley Luna Sleeping Night Oil, £85 (Spacenk.com)

With a mix of wrinkle-smoothing retinol and anti-inflammatory blue tansy oil you'll wake up with firmer skin minus irritation.

3 Maui Himalayan Healing Salts, £42

A calming blend of Himalayan salt, soothing lavender oil and powdered rose quartz crystals to de-stress skin.

4 Carun Active Skin Hemp Face Cream, £16.99

Perfect for acne-prone skin, this daily moisturiser contains naturally anti-inflammatory and antibacterial cannabinoids to regulate sebum production and keep breakouts at bay.

5 Dr Hauschka Regenerating Hand Cream, £19 (Fabled.com)

Red clover and quince – planted

according to lunar cycles – help to replenish lost moisture in skin.

6 Macacha Energy Plant Protein Shake, £32 for 500g

Ramp up energy levels by mixing this nutrient-rich powder into a smoothie.

7 Prismologie Rose Quartz + Manganese Comforting Meridian Balm, £86

Crushed quartz comforts skin and emotions while antioxidant-rich manganese protects against environmental aggressors.

8 Perricone MD Soothing Post-Shave Treatment, £39

Phytocannabinoids from the hemp plant deliver potent antioxidant benefits to help stressed, oil-prone skin feel refreshed.

9 Kypris Moonlight Catalyst, £74 (Cultbeauty.co.uk)

A cocktail of vitamins and growth factors helps to support cell renewal overnight.

10 Hayo'u Beauty Restorer, £35

Made from Xiuyan jade, this massage aid

relaxes facial muscles, increases blood flow and releases congestion.

11 De Mamiel Botaniques Settle, £38 for 10ml

Encourage sleep by anointing pulse points and temples with this potent mix of magnesium, herbs and passionflower oil.

12 YourGoodSkin Balancing Skin Concentrate, £16.99

Powered by vitamin C and sphinganine, this serum aims to keep skin in equilibrium.

13 Sjal Kura Intuitif, £170 (Spacenk.com)

Sjal's signature gemstone blend (including amethyst and sapphire) works to make skin look clearer and more energised.

14 REN Atlantic Kelp And Microalgae Anti-Fatigue Bath Oil, £26

Packed full of kelp, a good source of magnesium, and essential oils of rosemary and cypress, this has a de-stressing effect on the mind and relieves muscle fatigue, too. ■