

FEELING BEAUTY

Not just a pretty face, here's how beauty can enhance your mood and well-being, too

BEAUTY INSIDER

CANNABIS SKINCARE

Beauty is reaching a new high as cannabis products gain momentum. The plant is made up of more than 100 different compounds called cannabinoids. To be clear, only one of these, THC, is the psychoactive (and illegal) part. The cannabinoid gaining notoriety in skincare is CBD, which is sourced from the flowers. 'Our bodies have a network of cannabinoid receptors, which controls functions like our immune system and mood,' says US dermatologist Dr Howard Murad. 'CBD used in skincare can have anti-inflammatory, antioxidant and sebum-regulating effects.' Find it in MGC Derma's Anti Puffiness & Dark Circles Eye Serum, £70 (left). But it's hemp-seed oil that's the most common form of cannabis used in skincare. Made from pressed cannabis seeds, it was popularised by The Body Shop in the 90s, and one Hemp Hard-Working Hand Protector, £12 (far left), still sells every nine seconds. Modern iterations include Votary's Super Seed Facial Oil, £70 (above left, Spacenk.com), and Murad's Revitalixir Recovery Serum, £70 (top left, Fabled.com). 'Hemp oil is high in omega fatty acids, making it a powerful moisturiser,' explains Dr Murad. Now that's a buzz we can get behind.



BLUMARINE

Beyond BESPOKE

A signature scent will always be appealing because it defines you, a bit like an olfactory fingerprint. Now, Jo Malone London has gone one better, allowing you to embellish your chosen fragrance with a handmade art-deco cap featuring your birthstone, £250 (Jomalone.com). Expect a huge fanfare as these are destined to be collector's items.



WELL OILED

Women have a greater contrast between the colour of their lips and the surrounding skin than men, according to research at Gettysburg College in the US. Make-up exaggerates this difference – especially a slick of Kiehl's Love Oil For Lips in Botanical Blush, £18, which looks just as pretty on the tops of cheekbones.



SMALL ACT OF KINDNESS #IWILLNOTBEDELETED

The Cybersmile Foundation and Rimmel London have launched a global campaign to stand up for the 55 million women who have experienced beauty cyberbullying. Join ambassadors Cara Delevingne and Rita Ora to promote individual beauty with the hashtag #IWillNotBeDeleted, and use the AI-driven 'Cybersmile Assistant' for helplines and support.

