



Holy basil (also known as tulsi)

Taken as a supplement, this Ayurvedic herb aids digestion and circulation. For dry, sensitive skin, it has exceptional anti-inflammatory qualities. Maui Supreme Skin Rose Mist, £36, which contains tulsi, is all you need to hit refresh come 3pm.

Turmeric
Whether you want a moisturiser that's wonderfully soothing or makes dull skin gleam, Sunday Riley's C.E.O. Glow, from £34 – with turmeric and vitamin C – does both.



Lavandin

With its antioxidant and astringent properties, adding a couple of drops of Garnier Organic Lavandin Smooth & Glow Facial Oil, £11.99 (Boots.com), to your moisturiser puts you on track for a good skin day. Keep in mind, too, that lavandin contains linalool, a compound responsible for its floral scent and for increasing alpha brain waves to help you relax.



Ashwagandha and licorice

RMS Beauty Oil, £74 (Spacenk.com), has an arsenal of adaptogenic herbs, including licorice and ashwagandha, to rival your shoe collection. And, boy, is it effective at brightening pigmentation and soothing psoriasis.



Rosemary

Combining the antibacterial properties of this herb with a burst of fresh mint, Aveda Rosemary Mint Bath Bar, £14 (Fabled.com), ramps up your energy levels faster than an espresso shot. All in the type of eco-friendly cleansing bar we've come to expect from this natural brand.



Ginger

If you love ginger tea, you're probably unknowingly keeping your cortisol levels in check and stimulating your digestion. Now, give dull, sluggish skin a boost with The Body Shop Special Edition Ginger Shower Gel, £5, which drenches it in antioxidants and improves circulation.



SKIN SOS

Body bliss

Adaptogenic herbs are already big news in well-being circles for helping the body cope with anxiety. Just think what they could do for your stressed-out skin

Finding calm in our over-screened world has become something of a survival tactic. It's also a key focus for beauty companies as they tap into the benefits of soothing inflammatory skin conditions and disrupted sleep patterns. So, if the hype around ingestible adaptogens is to be believed, it's a timely moment for these therapeutic herbs and spices to emerge as a magic bullet for our stressed-out complexions, too. 'Sprinkled in smoothies, adaptogenic plants are purported to have a variety of effects on the body,' says skincare founder Sunday Riley. 'Some reduce cortisol levels and boost sluggish hormones, while others improve sleep and enhance immunity. The theory is that these adaptogens interact with your body chemistry to bring you back into balance, particularly when you're under attack from environmental or physical stressors,

like cold weather or chronic fatigue.' When used topically, adaptogens work in two ways. Those containing antioxidants, such as turmeric, which has high levels of curcumin, limit inflammatory responses. Or they pack a powerful antibacterial punch, as is the case with rosemary and lavandin. Put simply, they set you up with younger, brighter, less fussy skin. 'I always balance out a high-tech active ingredient with a botanical,' explains Riley. 'I'll add adaptogens like ginger, turmeric and licorice root to soothe skin in response to high levels of retinoids or acids.' Yet, despite all the benefits, adaptogens is a term many of us haven't heard of. 'They have been used for hundreds of years in holistic and Eastern medicines, but it's a relatively new concept for skincare,' she adds. If you want to enter the new frontier of beauty, start with the above hero buys.