



CELL TECH

You'll often hear the words 'stem cells' bandied around skincare circles. What they're referring to is cells that participate in tissue renewal – basically the cells that help you, your cat and the neglected succulent on your desk to heal. 'A common misconception is that plant stem cells repair human tissue when used in skincare,' says Dr Augustinus Bader, a leading stem cell scientist who has launched his own eponymous skincare line. 'There is no evidence that this is the case. Stem cells can only make the type of organism they are derived from – for instance, an apple stem cell is programmed to create an apple. You need to feed your body's stem cells the nutrients they need to do their job properly.' Dr Bader's new The Body Cream, £130, is formulated with the same TFC8 technology that's found in his famous face cream (natural amino acids, medicine-grade vitamins and synthesized molecules that fire up your skin's repair process), with the added benefits of nourishing shea butter and Brazilian Candéia Oil. On the subject of ingredients making it from your face cream into your body cream, lactic acid – aka 'the sensitive skin acid' – now features in Dove's Pro Age Body Lotion, £6.29, to gently accelerate the natural exfoliation of dead cells.

EYE MAX

'Don't apply retinol around your eyes'. 'The skin is too sensitive'. 'You can't wear retinol during the day'. Let's bust these myths right now: 'you *can* and *should* apply retinoids around the eye area,' says Dan Isaacs, director of research at Medik8. 'They are amazing for stimulating collagen production to reduce fine lines and for speeding up cell turnover.' There is one caveat, though. Make sure it's not a regular retinol cream as, typically, these are high-strength formulas, which could lead to irritation and dryness. 'The skin around the eyes is 40 per cent thinner than the rest of the face, so you need to choose a product with 0.1 per cent retinol designed specifically for this delicate area.' Try the brand's new R-Retinoate Day & Night Eye Serum, £90, which combines a gentle concentration of retinol with prescription-strength retinoic acid in one molecule called retinyl retinoate – a breakthrough so big it has already been published in the *British Journal of Dermatology*. 'This ensures the part of the retinoic acid that irritates when it hits the skin is blocked by the retinol,' explains Isaacs. As for applying it in the morning? The molecule is also photostable, so it won't break down under UV light (*but* to be clear, you still need to wear some sort of UV blocker). ►

OPENING SPREAD: SWIMSUIT, DOS GARDENIAS. THIS PAGE: SUNGLASSES, YOU MAWO. OPPOSITE PAGE: SIAN SWIMWEAR

