

Glow

YOUR NO-BS GUIDE TO ALL THINGS BEAUTY

SELFIE PRESERVATION

Next time you find yourself lip-pursing in front of your camera phone, consider this: it could be damaging your skin. According to new research, high-energy visible light (HEV) – the blue light from your mobile's screen – can make your skin duller than a night out with Alan Titchmarsh. "The mobile's magnetic field alters the minerals in your skin, which in turn affects your DNA," explains dermatologist Dr Zein Obagi. The worst bit? Considering we spend the equivalent of 20 weeks a year in front of a screen, that's a whole lot of ageing. But before you ditch your phone and go and live in a cave, potent antioxidants such as malachite, found in De Mamiel's Intense Nuture Antioxidant Elixir, £80, can aid recovery, while Dr Sebagh's Supreme Day Cream, £145, uses fractionated melanin, shielding skin against HEV light. Prepare for skin that's smoother than before you ever clicked on your selfie schtick.

