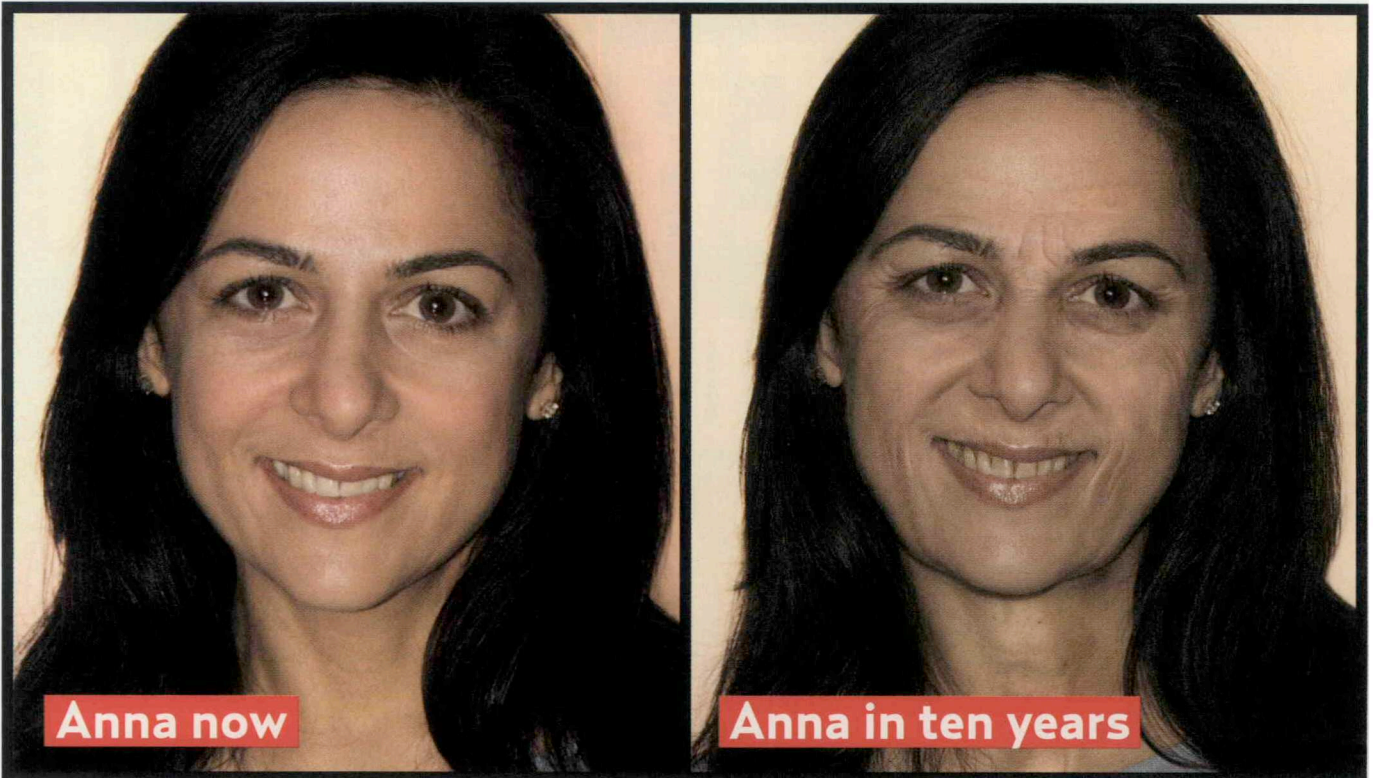


The Future Of Your Face...

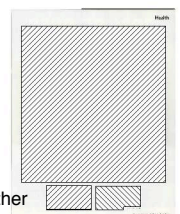


...If You Smoke

Want to know what all those cakes, cigs and glasses of wine are doing to your looks? Anna Magee braves forensic photographic ageing to find out, and asks the experts how to limit the damage

SCIENTISTS ESTIMATE THAT YOUR lifestyle influences your looks by a whopping 40 per cent. 'How you live in your twenties and thirties starts to show on your skin around the age of 40,' says Dr Nick Lowe, leading dermatologist at

London's Cranley Clinic and lecturer at UCLA. Forensic artist Auriole Prince, a specialist in showing how the face is gradually damaged as a result of smoking, drinking and unhealthy eating, reveals the future effects they could have on my skin.



...If you are a smoker

What will happen to your face?

Deep wrinkles

'Smoking makes all facial lines worse because it damages the collagen and elastin in the skin that give it its plumpness,' says anti-ageing physician Dr Lynette Yong.

DAMAGE CONTROL 'Vitamin C helps the reformation of collagen,' says Dr Yong. 'All my patients who smoke are ordered to apply Skinceuticals C-Ferulic, £129, morning and night. And hyaluronic-acid fillers will work on the visible wrinkles. They also help with the regrowth of natural collagen.'

Tooth damage

'Smoking, as well as the consumption of red wine and orange sugary drinks, stains teeth,' says Harley Street dental surgeon Dr Simon Darfoor. 'Smoking also leads to gum disease and tooth loss, with 42 per cent of smokers aged over 60 having none of their own teeth.'

DAMAGE CONTROL 'Colgate Total Whitening, £1.55, is more gentle than

the older versions of an abrasive smoker's toothpaste, but it still removes stains,' says Dr Darfoor. 'Up-to-date cleaning systems can remove a good proportion of tooth staining, too,' he explains. 'The new Airflow tooth polishing, from £85, uses bicarbonate of soda and a power-jet instrument that cleans deeper than manual scaling.'

Sagging brow, eyelids and cheeks

'With age, the muscles, fat and bones under the skin shrink and this can lead to sagging,' says Dr Yong. 'Smoking deoxygenates the blood so you get fewer nutrients going to the skin, dramatically accelerating sagging.'

DAMAGE CONTROL Dermalroller micro-needling uses tiny pinpricks to help bring blood and nutrients to the skin, explains Dr Yong. 'In theory, it might help, but if you keep smoking after 40 the sagging will be severe and surgery may be the only option.'

Dark circles

'Reduced circulation makes skin appear lifeless, and dark circles become more

prominent,' says Dr Yong.

DAMAGE CONTROL Exercising improves complexion by increasing microcirculation to the skin's surface, resulting in that rosy glow, says Dr Yong. 'It can also help get rid of toxins that smoking pumps into skin and through the lymph system, and help deliver nutrients around the body by boosting blood flow.' Aim for 30 minutes of fast walking every day.

Faint necklace lines

'These lines go horizontally across the neck and occur at points where the skin attaches to underlying tissue to hold the skin up,' says Dr Yong. 'They are hereditary, but drinking, smoking, sun exposure and a sugary diet can make them worse.'

DAMAGE CONTROL 'If you have poor neck posture and chronically slump your chin forward, then, over time, the tissues sag and make these lines more prominent. The older you get the more you have to attend to your posture,' says Dr Yong. The Alexander Technique can retrain bad postural muscles to enhance your physiology and natural posture, while Pilates-based exercise helps tone the body's postural muscles. {continued}

Beat smoking

READ *Love Not Smoking: Do Something Different* (£8.99, Hay House)

is a six-week programme from behavioural modification experts Professors Karen J Pine and Ben Fletcher, accompanied by an app from iTunes.

SPRAY Nicorette Quickmist Mouthspray, £17.99, doubles your chances of quitting smoking compared to using willpower alone.

MOVE Take a ten-minute walk or jog at times when you want to smoke. Recent research at Exeter University found ten minutes of physical activity could help reduce cravings for a cigarette.

...If you drink more than 14 units a week

What will happen to your face?

Redness

'Drinking causes enlargement of the blood vessels,' says Dr Lowe. 'This causes flushing and, if you're prone to rosacea, drinking could exacerbate it.'

DAMAGE CONTROL For an instant fix, try Dr Nick Lowe Redness Relief Calming Cream, £15.31. UVA rays (the ones that are present without sunlight) increase facial redness, so use a UVA sunscreen moisturiser, such as Dermaquest ZinClear SPF30, £48, all year round.

Thread veins

'After getting flushed from occasional or moderate drinking, blood vessels

usually bounce back,' says Dr Lowe. 'But if someone with a tendency towards flushing drinks to excess night after night, in as little as two years the blood vessels lose tone, and you could end up with permanent redness and thread veins.'

DAMAGE CONTROL A course of five sessions of Intense Pulsed Light (IPL) with a dermatologist will help reduce the redness. 'One to two sessions of the more intense yellow dye laser thermotherapy will help remove broken blood vessels,' explains Dr Lowe. 'But be ready for two days of increased reddening immediately following treatment.'

Crow's feet

'Big drinkers are chronically deficient in vitamin A, which is essential for collagen and elastin formation,' says

plastic surgeon Dr Jonathan Staiano, of Liberate Cosmetic Surgery Group.

DAMAGE CONTROL 'A gentle hyaluronic-acid filler, such as Juvéderm, could help plump out crow's feet,' says Dr Staiano. 'There are now different consistencies to fill wrinkles of different depths.' In other words, you're less likely to end up with pillow face.

Forehead lines

'Drinking dehydrates the skin, which can lead to sallowness, deepening of wrinkles and increased dryness.

DAMAGE CONTROL In between glasses of wine, fill your glass with sparkling or natural mineral water – no one will care. 'If you crave alcohol to relax, before going out, try taking L-Theanine, an amino acid extracted from green tea that induces feelings of relaxation and reduces cravings,' suggests nutritionist Kim Pearson. Take two Solgar L-Theanine tablets, £26.39, every day.

Cut back on booze

DRINK Non-alcohol wine Eisberg, from £3.20. Including rosé, Cabernet Sauvignon and Chardonnay, it is wine with the alcohol removed – so actually tastes like the real stuff.

TAKE Artichoke-leaf extract helps the regeneration of liver cells and detoxification of alcohol, so you will feel better faster. Pearson suggests one 300mg capsule of Solgar Artichoke Leaf Extract, £15.74, daily.

SWITCH 'In some people, red wine and beer cause more flushing,' says Dr Lowe. 'Switch to white wine or white spirits and see if the redness stops.'

...If your diet is high in sugar

What will happen to your face?

Lines and sagging

'A diet that's high in sugar and high in glycaemic carbohydrates, such as breads, rice, starches, potatoes, baked goods, pastas, desserts and soft drinks, can lead to glycation in the skin,' says Dr Nicholas Perricone, dermatologist and the leading authority on diet and ageing. 'This is where sugar molecules attach to collagen fibres and cause them to lose their strength and flexibility, so the skin becomes less elastic and more vulnerable to sun damage, lines and sagging.'

DAMAGE CONTROL Moderate exercise has many health benefits but avoid over-exercising. 'Too much physical exertion, in the form of long periods spent running and other aerobic exercise or weight training, can have a detrimental effect on skin and promote ageing,' says Dr Nicholas Perricone. 'It causes the production of more of the same inflammatory

free radicals in the body that a sugary diet produces.' The right exercise will strengthen bones and muscles, and promote the cellular rejuvenation of the skin, explains Dr Perricone, who recommends incorporating daily 20-minute sessions of yoga, Tai Chi or qigong into a weekly exercise routine. 'Yoga practitioners look significantly younger than their age in both face and body, continues

Dr Perricone. 'And it also helps reduce stress, which is the single greatest precipitator of premature ageing.'

Pimples

'A high sugar diet makes you more prone to infection,' says Dr Staiano. 'In the skin this manifests as acne, and, as germs feed on sugar, the more you eat the more pimples you may have.'

DAMAGE CONTROL If you turn to chocolate when you're cranky or down, Pearson suggests

taking the amino acid tyrosine in the

morning to help prevent cravings and mood swings during the day. Take 500mg of Lamberts L-Tyrosine, £10.71, with your breakfast.

Grey, thin skin

'Eating a low-protein diet makes the epidermis or outer layer of the skin thin and crêpey, leaving it looking grey and sallow,' says Dr Staiano.

DAMAGE CONTROL Protein can't be stored in the body, says Perricone, so you need to top up your supply by having some at every meal. Star sources of super-skin quality protein, he says, include fish, shellfish, lean, organic free-range poultry and eggs, grass-fed beef or lamb, and for vegetarians, legumes and quinoa, a high protein grain.

Bloated face

'Too much sugar and white, refined carbs can give skin a soft, doughy look,' says Dr Perricone. 'The sharp definition, contoured cheekbones and crisp jaw line become blurred because carbs create an inflammatory response that causes more inflexible skin, puffiness and a loss of radiance.'

DAMAGE CONTROL 'Alpha-lipoic acid has been proven to be one of the most potent anti-ageing, anti-inflammatory antioxidants available,' says Dr Perricone. Set your alarm to remind you to take 50mg of Perricone Alpha Lipoic Acid, £25, twice daily. ■

Eat yourself prettier

REPLACE Sugar with new Truvia, a sweetener made from stevia, a South American plant that has no calories and no artificial ingredients. Available from November in Selfridges food hall and supermarkets nationwide.

SWOT UP In *Forever Young* (£17.99, Atria) Dr Perricone explains the science of nutrigenomics, and the diet and lifestyle changes to promote glowing skin.

TRY 'If you're trying to lose weight, the new Protéifine Diet, just launched in the UK, aids weight loss with adequate protein, so you don't get the muscle loss and skin sagging that can happen with other diets,' says Pearson.