

THE  TIMES

Eat!

ST TROPEZ SPECIAL

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MUST DO BETTER

How to turn around a failing school

Louise France on the Gove legacy



Beauty

Lesley Thomas

My sun survival guide

The key products for soothing and tackling UV damage



I am dedicated to high-factor sunscreen for every kind of "outside" – not just for lying on a sunlounger. And yet my skin still feels a little crispy after a couple of hours in the park. Most people forget to re-apply their sunscreen or, at the end of the day, find they've missed a bit. Red noses, ruddy knees and shoulders, and crepey foreheads are common sightings right now.

If you get down to reparations quickly enough, though, the damage will not last. You could use some aftersun, of course. Sensai's Silky Bronze Soothing After Sun Repair Emulsion (£62; harrods.com) can turn around a dry, reddened face overnight, and Nuxe's Refreshing After-Sun Lotion For Face and Body (£15; uk.nuxe.com) feels like a treat for the skin – but really I save these for beach holidays.

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In real life, something that is rich and restorative will do the job. I'm using Charlotte's Magic Cream (£70; charlottetilbury.com) on my face, which is packed with hyaluronic acid (a key ingredient for hydration) and floral oils. Filorga – the brilliant French pharmacy brand – has an excellent product designed for use after peels and laser treatments called Neocia (£33; marksandspencer.com). It works really well on signs of sunburn and irritated skin.

Sometimes, a good, rich face mask, such as Clinique's Moisture Surge Overnight Mask (£30; clinique.co.uk), is really the best thing for oversunned skin. On holiday, I like to pack SK-II Facial Treatment Mask (£60 for 6; harrods.com) – it's a cloth soaked with age-fighting, moisture-replenishing ingredients which will also act on pigmentation marks.

I used to make a point of not exfoliating too often during the summer months. My foolish logic told me that, when it is scorching outside, layers of admittedly dead skin were offering protection. I stand corrected by Dr Tom Mammone, who runs product research at Clinique. "Greater exfoliation is necessary during hot, humid months," he explains. "When your skin is under attack from UV rays, your skin will not shed as often as it should. This could result in dense, clogged skin and even acne at the end of the summer, so exfoliate more to avoid this problem."

So I am stepping up the sloughing with Ole Henriksen's Invigorating Night Gel (£35.79; salonskincare.co.uk), which gently lifts dead cells. I don't scrub my face with grainy products any more; my skin is too old to be dragged about. (This is based on literally no scientific facts.)

As for bodycare, unless you are actually burnt, you shouldn't really need an aloe-vera lotion (in which case, I like Life Plan Aloe Vera Gel, £7.49; boots.com). Vichy's Capital Soleil Body After Sun SOS Balm (£11.50; feelunique.com) is designed for sensitive skin so I use this on holiday, and on the kids, too.

A good, rich body moisturiser will keep skin supple. A new organic range called Toulou does a Super Rich Body Butter (£15; toulouorganics.com) with shea, cocoa butter and camomile. Brilliant if you like your limbs to look outrageously glossy – which I do. ■

What we love

The new neutral nail shades, by Prue White



FROM TOP: Guerlain La Laque Couleur Melt for Tonka Imperiale, £18.50 (harrods.com). Yves Saint Laurent La Laque Couture No 53, £18.50 (yslbeauty.co.uk). Dior Vernis in Trianon, £18.50 (dior.com). Nails Inc NailKale in Montpellier Walk, £15 (nailsinc.com). Jessica Custom Nail Colour in Call Me Baby, £10.50 (gerrardinternational.com).