

Peel appeal

If you find summer's end is proving tough, says **Sarah Caden**, try these for a fresh start

The sun was impossible to avoid this summer, and the cost to your complexion might be starting to show. Even if you layered on the protection, those rays will have snuck through to your skin somehow. And if you took a foreign holiday on top of what we had at home, then some serious care is called for.

The impact of our sunny summer can range from tough cowhide skin, to flakiness and patches of pigmentation. What's called for here are products that will gently peel away dead cells, refine the skin's texture, diminish any dark spots and reveal a new layer of skin that is ready to be fed and watered. Be warned and be aware of the irony, however: the use of a daily SPF is crucial when you use any of the beauties on this page. **IS**

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THE PANEL



Best Night Nurse
Lancôme Absolue Precious Cells Night Peeling Concentrate, €105, Lancôme counters nationwide

This is what they call a bi-phase product, which means that it has oil and non-oil elements that you shake together to make the magic. The peel element comes from fruit acids, while the skin is nourished by rose extracts, including rose essential oil. The mix is heady, and it can either be used as an ongoing cumulative treatment or as an occasional resurfacer. "After a week, I saw brighter and plumper skin," said a panellist. "You don't often get both with a single product."



Best Dream Cream
Chanel Le Lift Creme, €120, Chanel counters nationwide

The Le Lift creams get, well, sort of a facelift for autumn, with a new and apparently very special ingredient: alfalfa, which is grown in France. The brand promises that this plant extract has the power to operate like a gentle retinol, working on dark spots, skin texture and regeneration. It comes in three weights: light, regular, and rich and thick. "Smells divine, as you'd expect," said a panellist. "I saw improvements in my skin, and an active cream is great for someone like me who can't be doing with serums."



Editor's best buy

Best Overall
SkinCeuticals Retinol 0.5, €75, salons nationwide, see skinceuticals.co.uk

Retinol is one of the most effective ingredients to reduce signs of sun damage, unclog pores and stimulate cell turnover. Most over-the-counter products have 0.3pc retinol, but this new night treatment has 0.5pc, and it is also available as 1pc. These strengths produce more dramatic results, but if you experience redness or flaking, reduce usage or increase skin tolerance with a lower dose. "I introduced this slowly and wore SPF daily," said a panellist. "I basically have a fresh face."



Best Vit Hit
Dermalogica BioLumin-C Serum, €95.50, selected spas and salons nationwide, or see dermalogica.ie

We've heard a lot about the antioxidant power of vitamin C and its ability to boost the skin's defences against sun damage. Even if you've blasted your skin with UV rays all summer, it's not too late. Vitamin C can help with pigmentation, while the extra antioxidants and exfoliating lactic acid in this serum will work on texture. "I used this in the mornings and it seemed to give my skin a wake-up," said a panellist.



Best Fresh Fruit
Eminence Mangosteen Daily Resurfacing Concentrate, €63, see eminence.ie

This brand has a full range of products containing the 'superfruit' mangosteen, and lactic acid, both of which gobble up the dead cells that result in a roughened complexion. It sounds unappealing, but the results are visible, and hydration levels are, they promise, boosted. We particularly like this serum, which is a lower-level dose of an in-salon peel. "This proved positively gentle on my reactive skin," said a panellist. "But I got that new-skin glow from nightly use."



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