

NATURAL HEALTH

UK'S TOP HOLISTIC EXPERTS & WRITERS

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Have you found your

skincare TRIBE?

Are you a botanical devotee or a disciple of the marine school? Or maybe you prefer to run with a revolutionary crowd? Discover your new skincare heroes with our guide **Words: Amanda Bown**

Today's crop of natural skincare products means there's a great deal of choice when it comes to tackling your skin concerns. Here are three of our favourite approaches...



The plant creams

WHY?

Plant ingredients provide our skin with vital antioxidants and hydration, while plant stem cells are a potent weapon against ageing. John Hamilton, cosmetology dermatologist and anti-ageing biogerontologist, explains further: "Stem cells rejuvenate your damaged cells and provide protection from further harm. In turn, this enables fibres and collagen to repair, restore to their former state and reduce wrinkles or even halt them in the first place."

The new technology creams

WHY?

With high-tech ingredients these products tackle your problems in a targeted way and are often the result of years of research and collaborations. John Hamilton says: "We're growing in our understanding, learning new ways to stabilise natural ingredients or about the different surface levels and collagen production, and what has a positive effect on them."