

intraceuticals
it's in the skin

FEBRUARY 2012 £3.80
Good Housekeeping

LOOK YOUNGER
by this weekend
100 simple safe strategies



Lorraine
on marriage, me-time
and her new
body confidence



A WHOLE MONTH OF EASY SUPPERS
And they're healthy too

100
WAYS TO LOOK YOUNGER
by this weekend

Yes, we know... How you age is all about your genes and lifestyle. But, say GH beauty directors Suzanne and Eve, there are products, tips and treatments that can give your looks a lift and reset your beauty clock - fast!



Just a few years ago, we would have laughed at anyone who suggested you could look years younger in a matter of days. Fast and hard advanced technology - along with dermatologist-strengthened products at the beauty counter - mean that today's make-up and skin care products have never been so good. Combine that with beauty sleep - early nights on the following night and a light supper to ensure you're resting rather than eating - and you'll wake up with a fresher, more youthful looking face in the

WHAT SUZANNE

WHAT EVE USES

TAKES **30** MINUTES

If I've got a party, I'll book in for an **Intra**ceuticals **Rejuvenate Infusion Facial** the day before,

which uses oxygen and hyaluronic acid to freshen up skin. Pricy at £125, but worth it (Renew Medica, 0800 644 0264). I'll also have a trim or blow-dry

WIN! £40,000. £11,000 OR £5,000
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UK, February 2012