

body & soul

Beauty editor **Daniela Massenz** hand-picks the latest products and best beauty buys.

beauty

BEAUTY NOTES

They're the windows to your soul, so keep your eyes gorgeous with these smart solutions.

Peep show

Our eyes are our most expressive and beautiful feature. They're instant communicators of our mood, showing whether we're joyous, calm, angry or downcast. Keeping this delicate area moisturised and protected is a challenge, though. The skin around your eyes is the thinnest and most sensitive on your face, and is prone to dryness because it has fewer oil glands. Many of us don't want to go the surgical route to reduce puffiness and fine lines, so consider these remedies and try to avoid late nights, too much sun, alcohol and cigarettes.



Extra moisture

Maybelline's Instant Age Rewind Double Face Protector, R100, is wonderful. You get a concealer and highlighter in one compact pen, and, most importantly, it really works. The concealer moisturises and gives excellent coverage of dark rings. Then dot on the highlighter to brighten the whole area. Available in four shades.



Instant glow

Women over 40 should avoid high-sheen make-up on the eye area as it accentuates lines and sagging. However, a very soft shimmer looks fresh and can lighten your face. Almay's Bright Eyes Cream to Powder Shadow, R120, gives lids subtly luminous, natural colour. Available in three tones.



Dark circles

Australian brand Skin Doctors seems to have good results with Eyecircle, R435, which has gained a cult following. It's not an instant fix – expect results only after eight weeks of diligent use – but devotees say it genuinely reduces the colour and severity of dark circles around the eye (using a peptide called Haloxyl) and brightens up the whole area. Available at Stuttafords and selected salons.



Sweet slumber

A medical study has revealed that sleeping on a cotton pillow slip causes skin dehydration and creases that can eventually lead to permanent lines. Enter the Beautyslip pillowcase, R185, made from peau-de-soie (a smooth, finely ribbed satin), which glides under your skin, rather than tugging at it. You'll awake fresh-faced and crease-free. For more information visit www.beautyslip.co.za

Fine lines

Haloxyl is also used in Eyliplex-2 Eye Lift + Circle Reducer (sister to the renowned Tri-Aktiline wrinkle filler), R395. The day gel and night balm both contain firming peptides and an impressive cocktail of natural and lab ingredients that strengthen your skin. The day cream has an instant lifting, soothing and line-smoothing action, while the night cream deeply hydrates and firms your skin. Available at selected Edgars stores only.



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