

marie claire *

BEAUTY

FOREVER YOUNG
NAIL YOUR COLOUR
MOST WANTED

WORDS: HELEN CLEMONSON PHOTOGRAPH: GAVIN O'NEILL/ONE LEAGUE MODEL: LAUREN MELLOR/OUTLAWS HAIR AND MAKE-UP: RICHARD WILKINSON/MONOPOLE

COMING OF AGE

If you're 22 and reaching for an anti-wrinkle cream, you're getting a little ahead of yourself, but from your late twenties into your thirties there are preventative products and treatments that are age-appropriate for your skin. Thinking you'll wait till well past your middle years to erase the damage done - and then only with surgery - is just poor planning. 'Surgery only pulls skin taught,' says Cape Town-based aesthetic medical practitioner and anti-ageing expert Dr Alek Nikolic. 'For the best results, you have to treat the skin itself. Getting younger-looking skin also means regaining that youthful glow and that's where skin-rejuvenation treatment can really help.'