

COUNTRY LIVING

HOUSES • GARDENS • FOOD • CRAFTS • DECORATING • TRAVEL • HEALTH

*Let the sun
shine on!*

*Decorate your
home with the new
harvest hues*

Win!
a vintage
Airstream
trailer

Floral fireworks

SARAH RAVEN
*picks her favourite
late-summer flowers*



A fresh start

- RUN A JAM-MAKING BUSINESS ● LEARN A NEW CRAFT ● MOVE TO THE COUNTRY
- GROW YOUR OWN SUPPER



feed your skin

Prime your complexion for the harsh weather to come with the latest selection of lotions and potions, which are packed with beauty-boosting vitamins and minerals

WORDS BY KATE LANGRISH



NOURISHING OILS

The essential fatty acids (EFAs) – omega 3 and 6 – are vital for skin condition. The body doesn't produce them but increasingly they are found in moisturisers, face oils and serums. "EFAs are great for nurturing skin and restoring radiance," Evelyn Liddell says. "Look for products containing wheatgerm, sunflower, sesame, olive, pomegranate, wild rose, sea buckthorn, plum, argan, borage and shea butter."

Oleo Essential Skin Serum (£19.50, 25ml; oleobodycare.co.uk) includes a potent mix of EFAs from argan, plum kernel, rosehip seed and sea buckthorn oil to enhance radiance, while Clarins' new Double Serum (£55, 30ml; clarins.co.uk) helps minimise wrinkles and boost collagen production with 20 plant extracts, including the healthy fats of avocado and macadamia.

Apply Primavera Moisturising Neroli Cassis Intensive Seed Oil Capsules (£42, 30 capsules; primaverallife.co.uk) to enjoy rosehip, borage and cassis seed oils, and for skin irritated by wet and windy weather, try Nourish Relax Calming Moisturiser (£14.95, 50ml; shop.nourishskinrange.com) with omega oils and soothing lavender.

"If skin feels particularly dry, use a night moisturiser. These contain 'richer' oils, such as macadamia and jojoba, and shea and cocoa butters," says Linda Horan, founder of Borealis Natural Skincare (borealisnatural.com). Borealis Wild Rose Night Cream (£16.50, 50ml) contains jojoba oil to moisturise deeply while you sleep, and oily or combination skins will benefit from the omega-6 rich passion fruit oil in Decléor Aroma Night Ylang Ylang Purifying Night Balm (£32.50, 15ml; decleor.co.uk), as it regulates oil production.

EFAs are also great for targeting problem areas. Help repair sun damage to the neck and chest area with Borealis Lift & Firm



ABOVE Beneficial oils are utilised in Melvita and Primavera skincare products. While the power of superfoods is harnessed in Korres, Aurelia and Crème de la Mer moisturisers and serums

The essential fatty acids – omega 3 and 6 – are vital for nourishing autumn skin. Found in nuts, seeds and oily fish, they are increasingly being used in moisturisers, face oils and serums



Décolletage Elixir (£22.75, 30ml; borealisnatural.com), which includes safflower, argan, rosehip and pumpkin oils for their toning properties. Plus, the rosehip oil in The Organic Pharmacy Expression Treatment (£43.96, 10ml; theorganicpharmacy.com) targets wrinkles around the eyes and mouth.

And don't neglect your hair – Melvita L'Or Bio Extraordinary Oil (£25, 100ml; uk.melvita.com) has argan oil from Morocco that not only revitalises skin, but gives your locks a sleek and silky lift, too.

CHOOSE A SUPERFOOD

Pomegranate juice is a recovery favourite for athletes, but in the new Estée Lauder Nutritious Radiant Vitality Energy Lotion (£40, 200ml; esteelauder.co.uk) it's used to revitalise dull skin. Another fruit, the rich and nourishing baobab, is the key ingredient in Aurelia Cell Revitalise Day Moisturiser (£42, 60ml; aureliaskincare.com), while chia seeds are combined with antioxidant-packed maqui berries in

Comfort Zone Skin Regimen Hydra-Pro Booster (£58, 30ml; 020 3301 0496).

Nivea has harnessed the powers of two superfoods: Nivea Q10 Plus Anti-Wrinkle Energising Day Cream (£9.99, 50ml; from Superdrug) includes goji berries to reduce the appearance of fine lines, and Nivea Vital Multi Active Anti-Age Day Cream (£12.99, 50ml; Boots) is designed for more mature skin – it includes soy to help boost collagen production.

Seaweed baths have been used for centuries to promote skin healing, but a less messy option is cult beauty product Crème de la Mer Moisturizing Cream (£100, 30ml; cremedelamer.co.uk), made with kelp for its regenerative effects. To help improve skin elasticity, draw on ingredients from the forest instead. Korres Black Pine Antiwrinkle Firming & Lifting Face Serum (£39, 30ml; waitrose.com) is rich in polyphenols, and 100 per cent of testers reported improvements in skin texture after 90 days. 🍷