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Your face craves a long, cool drink



Alice Hart-Davis

22 Jun 2011

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Once upon a time, the damp, dull British climate helped secure the nation's reputation for pale, dewy complexions...

but now, [London](#) life conspires to create super-dry skin all year round. Air-con in the office, heating at home, drying wind, foreign breaks in hot, dry destinations - it all adds up to faces that are crying out for a drink.

Not that drinking water will help hydrate skin - it's more a question of preventing the water in skin cells from evaporating. Any moisturiser will help do that, by sealing moisture into the skin's outer layers. The key to deeper hydration is to find products with the latest ingredients that have ways of slipping through the skin barrier and moisturising the needy lower layers of the skin.



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Skinesis Intense Hydrating Booster £57, sarahchapman.net

Dehydrating long-haul flights inspired top facialist Sarah Chapman to concoct a super-hydrating serum to add to her product line-up. Hyaluronic acid - in varying molecular sizes, to nourish both upper and lower layers of the skin - is the key ingredient. Vanishes into the skin

leaving it feeling comfortably nourished, to be followed with your moisturiser of choice.

Pale and dewy: a hydrated skin



Skin Science Stimulating Serum, £95, [Harvey Nichols](http://HarveyNichols.com)

Soya extract Zonase and Spermine are the key actives in this lightweight but hugely effective serum. My tester lists its benefits as follows: much smoother skin, a healthy glow, a plumped-up feel, lines reduced - and loads of compliments.

Dr Duve Anti-ageing and boosting Face Fluid, £200 for 14 ampoules, michaeljohn.co.uk

A cult product in Germany, these ampoules are meant to be used twice a year as an intensive hydrating boost for the skin. The key ingredient is Glycosaminoglycan HA (aka hyaluronic acid) along with growth factors that activate collagen production and firm the connective tissue. Fiddly to use, but soothing as well as deeply hydrating.

Biotherm Aquasource 24-hour deep hydration replenishing gel, £28, boots.com

The secret ingredient here is Mannose, a naturally occurring sugar that clinical trials show to not only be effective on the deeper layers of the skin as well as on the surface, but to be superior to hyaluronic acid for both immediate and long-term hydration. Light to use but really softens skin all day. Grab one while you can.



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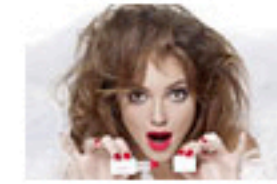
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