

PIPI

October 2008
£3.40

Win!
An A-list
goodie
bag

126 HOT HIGH STREET BUYS

ARE YOU TOO PREDICTABLE?

How to change what
people think of you

Stop-the-clock **SECRETS!**

● 7 ageing mistakes every woman makes ● Female face doctors
reveal what really works ● The £12.99 credit crunch super-cream

PLUS: HUSBAND OF THE YEAR | NEW HOMES TRENDS | WHY 39 IS THE NEW 25

SAVING LIVES

PATSY & DAVINA

It was touch and go
whether I'd lose my son

**THE STEPMUM
DIARIES: MY
LIFE WITH HIS
CHILDREN**





La Prairie Anti-Aging Stress Cream, £110 This is yoga for your skin. The relaxing valerian root, plus a serious dose of moisture, will leave your skin totally blissed out.

Kéraskin Rice Lift, £115 Reflect away the years with light diffusing technology. Fine lines will appear smoother and dark circles hidden. It's high-tech magic in a pot!



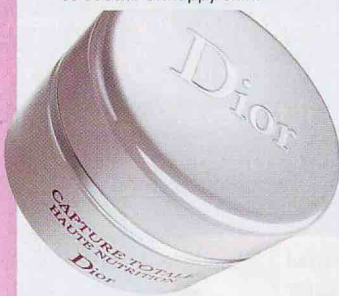
Sarah Chapman Skinesis Dynamic Defence, £42 Packed with rose and jasmine essential oils, this product smells amazing and is great for sensitive skin in need of a little lift.

Clinique Superdefense SPF25, £32 The ultimate damage fighter, this product uses sodium ribonucleic acid, which 'tells' skin to repair existing damage. Genius!



LUXE

Dior Capture Totale Haute Nutrition Multi-Perfection Rich Crème, £98.50 Total luxury. A floral-scented treat containing three oils, including sweet almond, to soothe unhappy skin.



Estée Lauder Perfectionist CP+ Wrinkle Lifting Serum, £42 An anti-wrinkle serum with added light diffusion technology to ensure your skin doesn't lose its glow.

Le Vin Face Cream, £77 New luxury brand Le Vin combines organic ingredients with scientific formulations using vine extracts. Essential oils are blended with a vitamin-rich complex of grape seeds.



Lancôme Rénergie Refill, £54.50 This intense dose of Lancôme's anti-ageing technology is the perfect quick-fix skin saviour. It contains alfalfa, known for strengthening and supporting.

Sundari Omega 3+ and Amalaki Night Cream, £49 Rich and luxurious, a heavy mix of omega-3s and vitamins will guarantee you wake up with fresh, hydrated skin.



Boots Feel the Difference Skin Perfection 60 Capsules, £9.99 Packed with antioxidants, fatty acids and minerals, these age-fighting supplements help skin battle against free radical damage.

Silkskin pillowcase, £35 Help your skin retain the goodness from your creams by investing in a silk pillowcase - unlike cotton, it won't absorb moisture from your skin while you sleep.

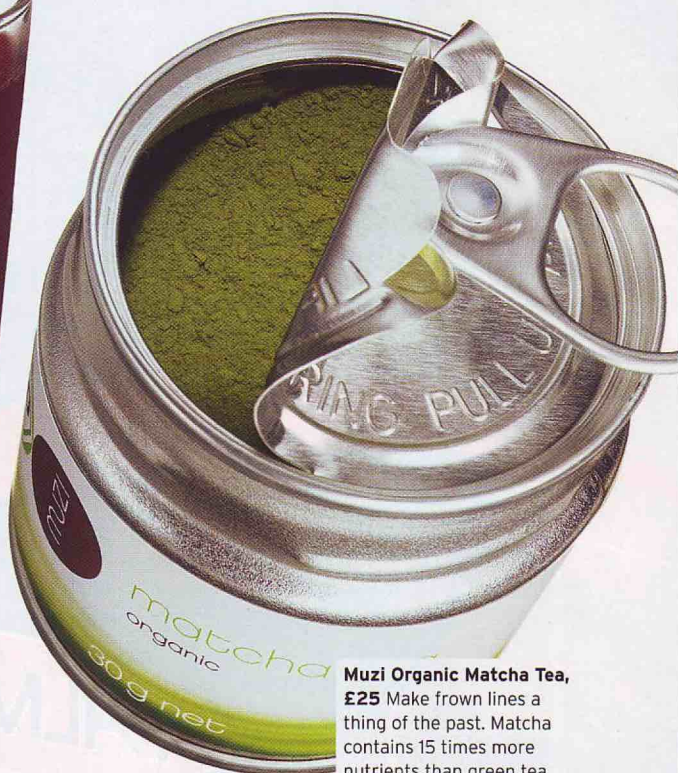


NV Perricone MD Super Berry Powder, £42 Drink your way to great skin! Powerful antioxidants, such as blueberries and acai berries, ensure skin is nourished from the inside out.



Mulberry Fair Juice, £3.29 Far more than one of your five-a-day, this juice contains mulberry, which is proven to contain more antioxidants than blueberries or cranberries. From Waitrose and Selfridges.

HOLISTIC



Muzi Organic Matcha Tea, £25 Make frown lines a thing of the past. Matcha contains 15 times more nutrients than green tea, plus amino acids, which are known to reduce stress.