



# vitalsigns

BODY AND SOUL IN HARMONY

## skincare

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## serums

cleanse, tone and moisturise; it's the tri-step beautifying mantra of women the world over, satisfyingly simple in its three pronged attack on our less than perfect complexions. But there is a new innovation in the world of skincare, one that threatens to topple the perfect tripod. Serums are packed with high concentrates of beneficial ingredients that can penetrate the skin much more quickly and deeply for an intensive treatment. While we've yet to stop the clock on ageing, serums look set to take us one step closer, with their firming, restorative and cell-renewing properties.

The key ingredient in this potent formula by **Kiehl's** is Criste Marine, a naturally derived botanical found in the Mediterranean Sea and known to boost cell renewal. Anti oxidant and mineral rich, this sea algae extract penetrates the skin's layers for maximum hydration.

[www.kiehls.com](http://www.kiehls.com)

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Joining the battle against ageing is the latest range by [ **comfort zone** ]. The Skin Regen system is composed of two different serums, one for the day and one for the night, each of which responds to the specific needs of the skin; eliminating damaged cells, encouraging the production of collagen and guaranteeing hydration, tone and elasticity.

[www.comfortzone.it](http://www.comfortzone.it)

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1 With its aloe vera base, this vitamin boosted moisturising serum from **Aesop** works to soothe sensitive and blemish prone skin. Lightweight and grease free, this little bottle should be a constant companion for those living with humidity and pollution. [www.aesop.com](http://www.aesop.com)

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The Regenerating Serum is 'the new anti-ageing power house'; formulated in the same research labs as the groundbreaking **Crème de la Mer**, this product helps to trigger the skin's natural production of collagen and elastin leaving skin feeling rejuvenated and diminishing the appearance of wrinkles and pores. [www.cremedelamer.com](http://www.cremedelamer.com)

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With temperatures rising and the temptation to bask outside following suit, boosting your skin's natural defenses against sun damage is even more important. **Murad's** Active Radiance Serum not only improves your complexion's radiance and clarity, it also encourages the repair of existing UV damage. [www.murad.com](http://www.murad.com)



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This chic monochrome bottle from **M Lab** is stuffed full of skin tightening tricks. Botanical extracts reduce the appearance and size of age spots and soothe the complexion, while vitamin C promotes firmness and evens out skin tone. [www.mlabonline.com](http://www.mlabonline.com)

An organic face serum devoted to helping even the most troublesome complexions, **Voya's** My Little Hero, is an intense blend of natural oils which nourish and invigorate tired and dull looking skin. [www.voya.ie](http://www.voya.ie)

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This is the quintessential serum for damaged skin. Crammed with ingredients that would be as at home on a vineyard as they are in your makeup bag, **Antipodes** Intense Hydrating Serum contains Vinanza Gold extract from the Marlborough sauvignon blanc grape seed and spicy cardamon; these work in tandem to recondition and plump up your skin's contours. [www.antipodesnature.com](http://www.antipodesnature.com)

**Dr. Babor** and his cosmetics company have been in the industry for 50 years and have a long line of effective products to their name. The Hyaluronic Collagen Booster Fluid works to activate collagen production, which in turn, improves the skin's elasticity, leaving your complexion refreshed and revitalised. [www.babor.com](http://www.babor.com)

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Designed to target skin that lacks moisture **Algotherrm's** 'Moisturising Initial Serum' contains spirulina, hyaluronic acid and codium algae which work together to prevent dehydration and the appearance of fine lines. [www.algotherrm.fr](http://www.algotherrm.fr)