

Keep your skin safe this summer



MANY OF US GO IN SEARCH OF THE PERFECT TAN WHEN THE SUN COMES OUT, BUT IT'S VITAL TO PROTECT YOURSELF FROM ITS HARSH RAYS. DR ELLIE CANNON EXPLAINS HOW...

We all feel wonderful as the sunshine appears. But don't forget to make sure you're looking after your skin and protecting it from sun damage while enjoying the weather. Even if you're not holidaying abroad this the summer, you should know the essentials of shielding your skin, and how to spot serious issues.

MOLE ALERT

Getting changing moles checked is really important. We normally look for changes in colour and size – for example, if a mole is getting larger or darker. Variations in shape are also important to note, like if a previously round mole develops a jagged border. Likewise, seek advice if a mole feels different – for example, if it's itchy, irritating or newly raised. Bleeding or oozing is something you should show a doctor.

TAKE A PIC

People tend to take more notice of skin marks and moles at this time of year because we are wearing fewer clothes, but it can be hard to remember what a mole looked like and how big it was a few weeks or months ago. An easy way to check is to take a photo on your smartphone of any moles you're worried about. Take the photo again after a month and compare to see if anything's changed.



HIGH FACTOR

Avoiding too much sun exposure is not just about protecting yourself against skin cancer: UV rays also cause premature ageing of your skin and wrinkles, as well as non-cancerous skin marks that can be unsightly. When choosing sun cream, look for one that guards against both UVA and UVB rays for the best protection. SPF15 is the recommended minimum, but the higher the factor, the better!

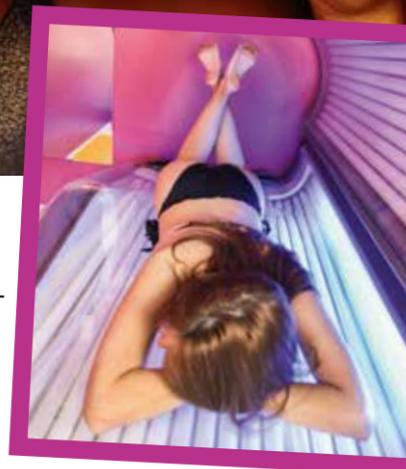
STAY SHADY

The safest times to be outside in the sunshine are at either end of the day – avoiding the sun between 11am and 3pm. This is because the sun's UV rays are strongest during this time. Wearing a hat and loose-fitting clothes, as well as staying in the shade, are other good ways to keep yourself protected. And don't forget sunglasses, which are essential for protecting against the damage that UV rays can do to your eyes.



FAMILY HISTORY

Some people have skin that is more sensitive to the sun's rays, and this means they also have a higher risk of developing skin cancer. Those who are more at risk are normally people who have pale skin and light-coloured hair and eyes, as well as lots of freckles or moles. You are also likely to be more sensitive if you have burned in the past, and if there is a history of skin cancer in your family.



Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Believe it or not, knees get wrinkles, too. Known as 'ninkles', they're the latest pet hate for women and occur as a result of collagen loss. They're easily fixed, though...

SMOOTH & CONTOUR

BodyTite can spot-reduce stubborn fat, and tighten and firm loose skin. Using radio frequency-assisted liposuction to break down fat cells and tighten deeper tissues, a probe is inserted under skin to remove excess fat. By heating the fat, the process is less traumatic,

and the heat generated also boosts collagen, which tightens the skin. You'll notice results after one treatment, but particularly after three to six months. You will need to wear support stockings over the area for up to three weeks, and results are permanent. Prices start at £2,000.

THE NO-KNIFE KNEE LIFT

Elasticated threads designed specifically to lift sagging knees are the latest surgery innovation. Little cones grab the tissue and also encourage the body to produce collagen, so skin will become tighter. The 45-minute procedure is carried out under local anaesthetic and results are immediate, with a week's downtime, as there may be swelling or bruising around the injection site. Results are expected to last 18 months. From £2,000.



TONE UP

Chemical peels can work wonders for loose skin. Acids lift away dead cells and trigger a chain reaction – signals are sent to the living cells below to multiply, increasing collagen and

hyaluronic acid production. The whole process can take about 20 minutes. One treatment instantly brightens, but most clinics prefer to do a course of six for longer-lasting results. From £80 per peel.

AND DON'T FORGET...

- Knees need just as much pampering as the rest of you. Regular exfoliation followed by a massage with body cream will improve skin tone.
- Support tights in a tan tone will also work miracles on saggy knees in an instant.
- Swimming, cycling and running will help burn fat and tone up the legs. Combine with squats and lunges to add definition to the muscles above the knees.
- Fake tan can instantly make skin look firmer and slimmer. Try St. Tropez Gradual Tan Plus Sculpt And Glow Lotion, £18, which gives a temporary firming effect.
- You don't have to be overweight to develop ninkles, but good nutrition will help long-term skin tone.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com