

Your holiday essentials



YOU'VE FOUND YOUR PASSPORT AND PACKED YOUR BIKINI, BUT DON'T FORGET THE MEDICAL SUPPLIES! DR ELLIE CANNON REVEALS WHAT SHE TAKES ON A GETAWAY...

No one wants to weigh themselves down unnecessarily on holiday, so there's no need to take away your entire medicine cabinet, but it's good to be prepared for health emergencies and first aid, whether you're staying in the UK or going abroad. Here are the suitcase supplies I never leave home without...

FIGHT THE FUNGUS

Fungal infections such as athlete's foot and thrush are common in warm environments, particularly if you're swimming a lot and your skin is left damp and warm. Invest in an anti-fungal cream, and ask your pharmacist about steroid cream, too, to treat inflamed or irritating itchy rashes that might pop up.

TAKE THE STING OUT

Being away from home can trigger an allergic reaction, whether to insect bites, the new pollen or your sun cream. Antihistamine tablets help with a whole range of allergies, and can really calm down the itch. Choose a non-drowsy one if you want to stay alert. Alternatively, a drowsy one can double up as a sleeping tablet if you find it difficult to sleep in an unfamiliar place.



GET RID OF GERMS

Antiseptic liquid or cream is an absolute essential for any first-aid kit, whether at home or abroad. Skin infections from even the most minor cut or wound can become incredibly serious, with an infection spreading quickly. Any cut should be washed with clean water first to remove debris. An antiseptic will then ensure the area stays free from infection, and can be applied daily until the wound heals.

PROTECT YOURSELF

It should go without saying that sun cream and after-sun are essential. Sun cream should always be more than SPF15, and should also have a UVA rating. Of course, even with the best intentions, sunburn does happen, so be sure to take a good after-sun, too. Choose one with an ingredient that cools down hot skin, such as aloe vera. I put mine in the fridge so it's extra-soothing.



KILL THE PAIN

We all have a tablet we prefer to take for headaches or pain, whether it's paracetamol, aspirin or ibuprofen. Don't assume you'll be able to buy it abroad, because different medicine regulations may apply, and a new formula may not suit you. The last thing you want is to be searching for an all-night pharmacy, so play it safe and don't forget to bring your chosen medication with you.



FORGET YOUR (TUMMY) TROUBLES

Diarrhoea is pretty common when people travel, whether it's due to the change in food and climate or different hygiene standards. It's best to let a tummy upset take its natural course, but sometimes that isn't practical. An anti-diarrhoeal medicine like loperamide can help if you need to get out and about, and drinking flat lemonade is a good way to replace lost fluids.

CLEAN AND CLEAR

Viruses such as colds and tummy infections can be picked up from touching dirty surfaces and, while there's no better way to prevent this than washing your hands properly with soap and water, you don't always have the opportunity to do so when you're travelling. An alcohol hand gel is the next best thing, so carry one in your hand luggage, because surfaces on aeroplanes and trains are particularly notorious.

Look younger with Lesley



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

Stretch marks affect about 80 per cent of women. They're hard to prevent and even harder to get rid of, but there are some great options to reduce and fade their appearance.

THE 30-MINUTE VITAMIN HIT

Biomimetic mesotherapy involves a series of tiny injections targeted directly at the scarring. The injection itself is a cocktail of vitamins and active ingredients designed to speed up the skin rejuvenation process. This essentially helps the

marks fade away and reveal fresher skin underneath. It's one of the quicker treatments, taking just 30 minutes with around 24 hours recovery time required afterwards. A course of two or three weekly sessions is average for optimum results. From £250.

FOR OLDER SCARS

Stretch marks that have been about for a while and have become white require laser treatment to rejuvenate the skin. Smartxide DOT Laser helps resurface the skin by stimulating collagen, which shrinks and fades the discolouration. The wand-shaped device targets the laser, damaging the outer layers of the epidermis. New skin cells develop, resulting in a smoother, firmer appearance. Three to five treatments may be needed. From £900.



FOR SEVERE STRETCH MARKS

A process called **Combination Therapy consists of a three-pronged attack to achieve the best possible results.** First, fine and absorbable threads are inserted under the

skin to repair the lesion. Next, platelets from the patient's blood are injected into the required areas to rejuvenate. Finally, a micro-needling procedure boosts collagen. It can cost from £2,000.

AND DON'T FORGET...

- Topical Retin-A can help reduce the appearance of pink or red stretch marks. See your GP for details.
- Try a product with rosehip oil and vitamins E and C, like Rosina's Rose Oil, £22 (rosinalotionspotions.com).
- Some dermatologists recommend a regular dose of 500mg of vitamin C to limit new stretch marks.
- If dieting, lose weight slowly and exercise regularly. Dramatic losses can encourage scarring.
- Fake tan will improve skin tone. Or try a concealer foundation like Oxygenetix Oxygenating Foundation, £45 (cultbeauty.co.uk).
- Cosmetic tattooing can create an optical illusion with flesh-toned ink. From £250.

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