

* KEEP USING CREAM



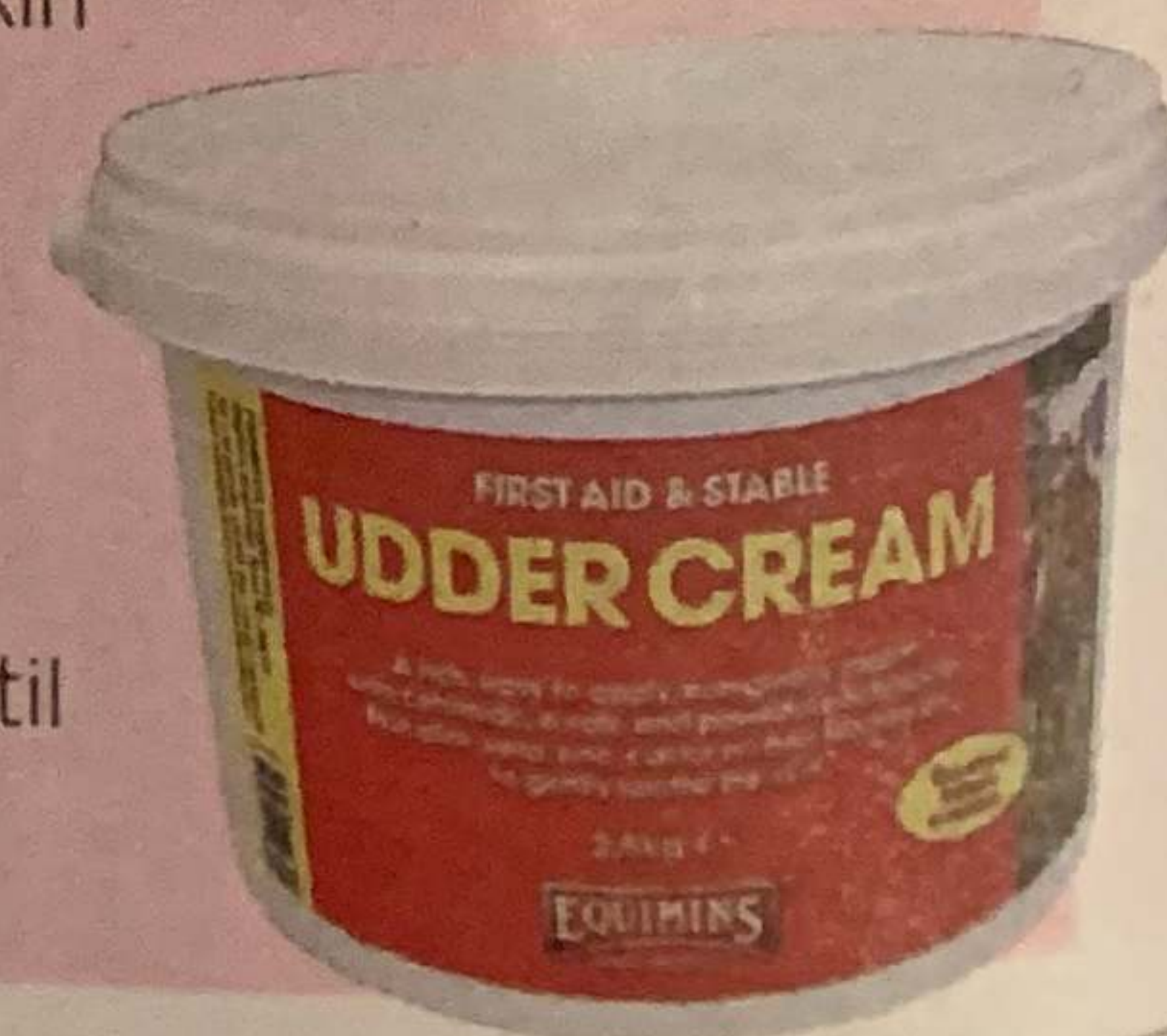
Yes, it's not exactly a secret, but if your hand cream regime has fallen by the wayside, now's the time to get back into it. Keep one everywhere: by your bed, on your desk, next to you on the sofa. In sight, in mind, after all... If you can't bear the greasy sensation on palms and fingertips, apply it to the backs of the hands only.

Celebrity manicurist Sabrina Gayle loves **L'Occitane Shea Butter Hand Cream, £21.50**. 'It instantly nourishes the skin, leaving hands soft and silky,' she says. And although from a men's grooming brand, my boyfriend and I each have a big tube of **Heath London Hand Salve, £10**, by our side

of the bed. It gives hands a healthy, non-greasy sheen and has a mouthwatering spearmint scent.

As a cosmetic dentist and aesthetician, Dr MJ Rowland-Warmann, the founder of Smileworks Liverpool, is constantly washing and disinfecting her hands, and she has found a surprising solution for chapped hands - udder cream. She says, 'It's cheap, but replenishes the barrier function of the skin and makes my hands like new.

I use **Equimins Udder Cream, from £10.81**. Don't knock it until you've tried it!



Are your hands giving away your age?

Then treat your hardworking mitts to some TLC with our top tips, says beauty editor Laura Mulley



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* CONSIDER THE CLINIC

If you're serious about tackling signs of ageing, there are a few clinical treatments that give great results. **Lumecca by InMode, from £150**, is an intense pulsed light (IPL) treatment that zaps sun spots in just one or two sessions, while **DermaPen, from £300**, is a micro-needling technique that stimulates the production of collagen, plumping up the skin. More pampering than procedural is **Jessica Nails LeRemedi, from £38**, a 'facial for the hands', which features an exfoliation, mask and serum to rejuvenate the skin.

* NOURISH YOUR NAILS

They may have a small surface area, but neat, healthy nails make all the difference to the appearance of your hands - and may distract from what's going on further up towards the wrist.

In terms of polish shade, the experts favour picking a bright over a nude. 'A pop of colour will actually help your hands look more youthful,' says Sabrina. 'Orangey reds are more popular than blue-based reds, which can make your veins stand out.' We love **CND Vinylux 2-in-1 in Lobster Roll, £16.95**. Sabrina also advises

taking breaks between gel manicures, and making sure you're removing them properly instead of picking, either in a salon or at home using an acetone remover, **Stylfile Gel Nail Polish Remover Clips, £10.99**, and a bit of patience.

In between periods of polish, apply **Nails Inc. Gel Rehab, £15**, which hydrates and replenishes distressed nails that may have seen one too many Shellacs hacked off.

Strengthen them from the inside out too by taking **Vitabiotics Perfectil Plus Nails, £14.95**, which contain nail-boosting nutrients like selenium, zinc and amino acids.



* TRY A HAND MASK

Much like a sheet mask for the face, a glove-like hand mask looks fairly ridiculous for the 20 or so minutes you keep it on, but it gives instant yet short-lived results. Perfect before an event that will involve a lot of hand shaking.

● **Starskin Pro Micro-Filler Hand Mask, £22**, contains a cocktail of hyaluronic acid, peptides and plant stem cells, and is like a tweakment for the hands. Meatier mitts might find them a snug fit, but the results are dramatic - an instant reduction in the appearance of redness and pigmentation. Testing it on just one hand, my untreated one felt hideously calloused in comparison.



● **Skin Republic Age-Defying Retinol Hand Mask, £5.99**, contains a small amount of a weak form of hero anti-ageing ingredient retinol to help fight dark spots, dryness and loss of elasticity. Skin Republic advises using one twice a week for the first month to see real results, but these masks have a good number of immediate effects too - plumped-up skin that's more even in tone.



TOP TIP
Extend your skincare routine by rubbing in any excess facial product - exfoliating acids, serums, SPF's - into your hands too.

