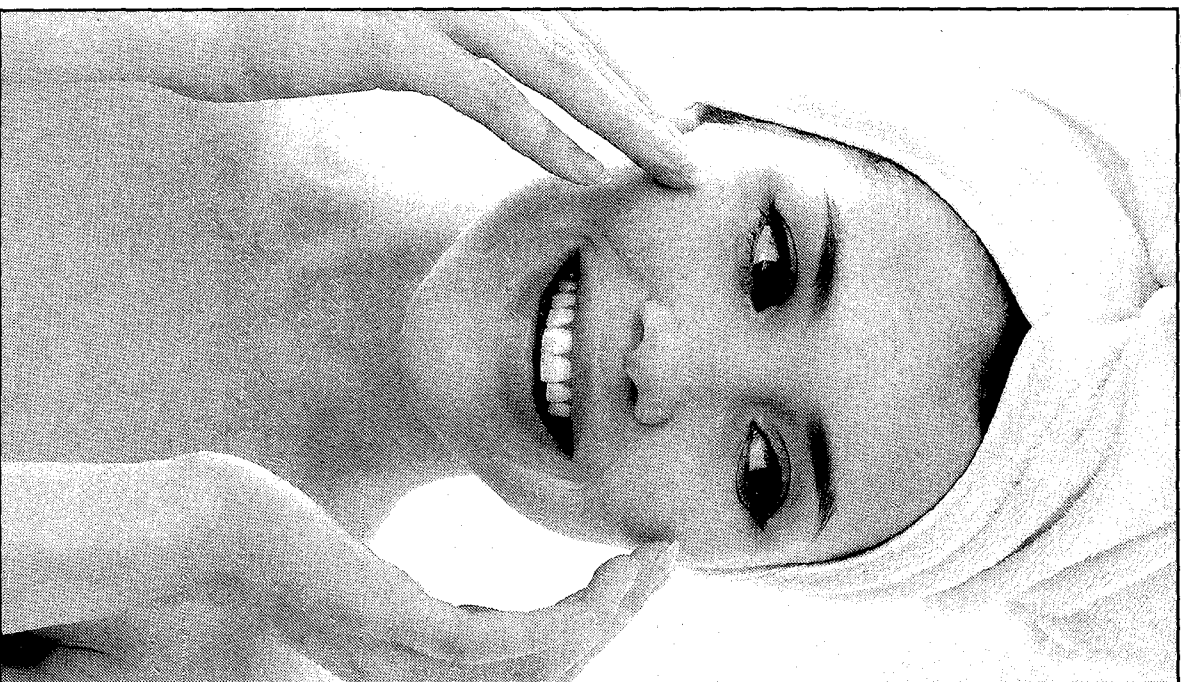


Picture: ALAMY

What is your skin trying to tell you?



HARMONY: Act promptly on problems and your skin will bloom

I'M SENSITIVE

Beware of exfoliating, demabrasion and peels if your complexion looks inflamed. "Over-buffing compromises the skin's protective barrier," says Sarah Chapman, founder of Skinesis. **THE ANSWER:** Skip the scrub and cut all AHAs from your skin routine. Eat omega-rich foods such as oily fish and try Kiehl's Centella Skin-Calmng Facial Cleanser, £27 (020 7240 2411).

I NEED A DRINK

Over-exposure to the elements, harsh products and coffee, alcohol and fizzy drinks can sap skin's moisture levels. "Unless rectified the condition can accelerate skin ageing," warns Ruth Minioletti, celebrity beauty guru. **THE ANSWER:** Eat skin-friendly fats such as those found in almonds, salmon, flaxseed oil and avocado. Drink red bush tea and treat with Liz Earle Skin Repair Moisturiser, £16.25 (01983 813 913).

I'M UNBALANCED

Breakouts are a common side-effect of unbalanced hormones and stress. "Blemishes which occur regularly on the chin and jawline could be hormonal while spots on the cheeks can relate to the stomach and digestion," explains Sarah Chapman. **THE ANSWER:** Exercise, drinking plenty of water and a high fibre diet help your digestion. Trouble-shoot

EMMA ROBERTSON reveals your complexion's top complaints and what you should do about them

stubborn outbreaks with Origins Spot Remover, £9.79 (0800 731 4039).

I'M EXHAUSTED

Under-eye shadows often accompany fatigue, stress or illness and can also indicate a sluggish system. **THE ANSWER:** "Gentle under-eye massage can help revive the appearance of eyes and stimulate circulation," says Sarah Chapman. Tiy Skinesis Eye Recovery, £38 (020 8740 2085).

I'M TOO OILY

Oil glands can over-react to hormonal imbalances, fried or processed foods and changes in the weather. **THE ANSWER:** "Avoid harsh cleansers

which leave skin squeaky clean as this causes oil glands to overcompensate," warns Décléor's Fiona Brackenhury. Use Dermalogica's Dermal Clay Cleanser, £20 (0800 591 818).

I LOOK LIFELESS

"Radiant skin depends on healthy circulation which energises the complexion," says Fiona Brackenhury. **THE ANSWER:** Drink plenty of water and give yourself a daily facial massage. Tiy Décléor Instant Radiance Moisturiser, £29.50 (020 7313 8780).

I'M CONGESTED

Our T-zone contains the largest volume of oil glands on the face making it a hot spot for oversized pores. If left untreated they are the perfect breeding ground for blackheads. **THE ANSWER:** "Use products containing salicylic acid which dissolves blackheads," advises beauty guru Ruth Minioletti. She recommends Eravron Claytech Masque, £21.50 (020 8450 2020).

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Models: LAURA JACKSON