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EXPERT BEAUTY SECRETS

Ever wondered what the experts use on their skin...



Dr Organic's Leah Eynon

"Beauty starts from the inside out. If you take good care of yourself, it shows in your skin. Drink plenty of water and enjoy the process of creating your meal. Simple things like a salad with fresh vegetables, good olive oil, a nice vinaigrette or a home-made dressing. And be sure you don't skip on your sleep – its called beauty sleep for a reason!"

My hero product: Dr Organic's Cocoa Wonder Oil

"Our Cocoa Wonder Oil. It is sumptuous, deliciously scented and deeply hydrating. It packs an anti oxidant punch, helping to improve elasticity, heal dry, damaged and cracked skin and the best bit is you can also use it on your hair and nails as well as your body. Its a one-stop hero product for all." £11.99, hollandandbarrett.com

Made by Coopers' Clare White

"If I had one rule, I'd say keep it simple. Look for simple ingredients in your skincare, and not cheap fillers that are often found in high street brands. You are better off using a tiny dot of neat organic plant oil, rather than smothering layer, upon layer of complex skincare products with ingredients you don't understand. A simple oil such as jojoba is great to deeply cleanse your skin, then tone with a floral water, such as lavender or rose water, and finish with a premium plant oil such as baobab, argan or hemp on the face and neck."

My hero product: Made by Coopers Superfood Serum

"Superfood Serum, a complex blend of bio-active plant oils to instantly firm, and regenerate cells for a bright, youthful, glowing complexion. It is made from a blend of pomegranate, chia, broccoli, baobab, passion flower, hemp and black cumin oils, with botanical active extracts to boost skin's vitamins and instantly firm, for a brighter, more youthful complexion." £28, madebycoopers.com

VOYA's Jayne Austin

"All in all, what your skin really needs is a healthy lifestyle, water and a vitamin-packed, balanced diet. Go to bed early and prioritise getting a quality night's sleep. Always remove your make-up before you go to sleep and ensure you use a night cream or overnight mask. The skin is most active at night, it needs to be clean and be able to breathe. Night care products will help throughout the cell regeneration process through the sleeping hours."

My hero product: VOYA's Get Glowing Illuminating Clay Mask

"This is my go-to product for two very different reasons. When my skin feels tired and congested – particularly after international travel – it deep cleans, and revitalises my lacklustre, tired skin. Also, this is the best skin preparation for a night out. It brings true luminosity and radiance to the skin, leaving my skin looking healthy, fresh and vibrant. The perfect canvas to hold my make-up all night, I get glowing before I get going, always. My top tip is to apply a small amount to spots or blemishes and leave on overnight to reduce redness." £34, voja.ie

AEOS's Samantha Sargent

"I always use my beauty ritual each morning and evening to stop, pause and use that precious couple of minutes to breathe in the beautiful botanical aromas and exhale any stress from my mind. It may sound simple and obvious, but it makes such a profound difference when I approach my daily cleansing and moisturising in this mindful manner, as opposed to quickly splashing product on whilst in and out of the shower. Being present and putting the love in to my beauty ritual each morning reminds me to be present with loving intention throughout the rest of the day."

My hero product: AEOS Energising Conditioner

"This aqua-light veil of organic and biodynamic plant extracts restores the natural oil balance within skin. It's deeply penetrating without a trace of oily-residue. It's a daily essential that dramatically improves hydration whether skin is too oily, or too dry. The added benefit of spagyric crystal pictures of amethyst, emerald, quartz and turquoise help to rejuvenate the skin and balance emotions." £38, aeos.net

Skinade's Louise Marchesin

"For me, feeling good means looking good! So quality sleep, a balanced diet, lots of water and time out from a hectic lifestyle are important beauty rules. I firmly believe that what you put into your body, will affect the way you feel and the way you look! This is also why Skinade – Better Skin from Within, as a concept and product, really appeals to me.

My hero product: Skinade 15ml travel sachets

"Skinade is a daily skincare drink. It's pharmaceutical-grade ingredients, work together to help nourish and support your skin from the inside. I personally love the handy 15ml travel sachet that I take with me everywhere I go. One sachet a day, diluted in a small glass of water, will help boost your natural production of collagen and hyaluronic acid, leaving your skin feeling smoother, more hydrated and firmer." £115 for a month's supply, skinade.com

Lavera's Ingrid Hume

"We believe nature is the only true care for the skin, body and mind and our vision has always been natural and organic cosmetics for everybody, everywhere. Right from the beginning, over 30 years ago, lavera was all about making beauty care from natural ingredients that were as organic as possible, caring for the skin in a sustainable beauty way, making the products themselves and combining nature with the latest technology and science to bring natural and organic products that work with your skin."

My hero product: Lavera Basis Sensitiv All-Round Cream

"Lavera Basis Sensitiv All-Round Cream is a must-have. The rich, creamy formula with organic shea butter and almond oil gives intensive care for your skin. It hydrates, nourishes and moisturises to leave the skin beautifully soft, smooth and supple with a light fresh scent." £7.95, lavera.co.uk

Bare & Beyond's Maureen

Whether it's skincare or haircare, my number one beauty rule is to keep it natural. The results of using natural beauty products may seem to take time to show but they are extremely long-lasting. There is a popular saying – you are what you eat. Well, you're also what you put on your skin and scalp. The beauty of using natural products is that you don't even have to spend a fortune. Consistent use of a product as simple as extra virgin olive oil will give you jaw-dropping results over time. Stronger, healthier hair and nourished, younger-looking skin. Who needs botox when nature provides the simplest and healthiest options?"

My hero product: Amity Natural Traditional Aleppo Soap

"Known as the mother of all soaps, this authentic traditional Aleppo soap can be used on your face, body and hair. Made from pure olive oil with a hint of laurel, it is soothing, non-stripping and non-irritating. It is perfect for all skin types, including sensitive skin and skin affected by eczema, psoriasis or acne. It leaves skin feeling smooth, soft and radiant." £12.95, bareandbeyond.com

These brands are proud to sponsor the 2019 Natural Health International Beauty Awards. The much-anticipated announcement of winners will be made in the September issue of Natural Health – make sure you pick up a copy!

The Federation of Holistic Therapists' Daniel Ralls

"Poor sleep affects as many as a third of us and in recent years, it has been linked to various health conditions including diabetes, heart disease, obesity and mental health problems. But did you know that not getting a good night's sleep can also have a negative impact on the skin? The main function of the skin is to protect the body from external influences that could be harmful, such as stress caused by injury, microbial threats, UV radiation and environmental toxins. Studies show that sleep deprivation not only weakens the skin barrier, which in turn can lead to a range of skin problems, it also results in poor skin hydration. And to compound matters, the body – including the skin – naturally heals and recovers while we sleep.

My hero products

"Any SPF sunscreens and products containing ingredients such as linoleic acid, tamuno oil and antioxidants can help to protect the skin barrier, but clearly having a good night's sleep also has an important role to play." FHT.org.uk

Natura Siberica's Jessica Smith

"My ultimate beauty rule is that I don't wear foundation, and I drink lots of water! I firmly believe this has been key to my clear complexion throughout my life (either that or I have good genes) as my pores have been able to breathe without getting clogged up with heavy product. Not wearing foundation also helps to highlight the good work of my moisturiser and gives me a fresh-faced glow. I use Natura Siberica's Caviar Expert Serum before I moisturise as this helps to retain water and keep skin looking healthy before applying Natura Siberica's Caviar Gold Active Day Cream to give my skin a protective barrier and keep the vitamins and nutrients firmly in."

My hero product: Natura Siberica's Northern Soap

"It has to be Natura Siberica's Northern Soap for deep facial cleansing. With the powerful deep cleansing magic of activated charcoal, I know my skin will feel cleaner, tighter and softer after each use. It's addictive!" £12, naturasiberica.co.uk