



By Sue Moxley, UK Beauty Expert

Eating three portions of yellow fruits and vegetables daily can make you more attractive according to a study by the University of St Andrews, which revealed it took just six weeks for women to notice their skin was firmer and more glowy. It's down to the naturally occurring pigments called carotenoids in foods like tomatoes, carrots and oranges, which give them their colour and help to boost skin tone and slow down ageing.

Hormone changes during menopause can cause problems such as acne breakouts, rosacea and more obvious wrinkles, as we lose around 30% of collagen during the first five years of menopause. According to Cigdem Kemal Yilmaz, skincare formulator and founder of Skin Masterclass, skinmasterclass.com, the secret to better, younger looking skin is not only eating more fruit and veg but

also seeking out the nourishing and protecting ingredients they contain in the skincare you choose. She says, "There are a whole range of superfoods added to skincare now including chia seed oil extract which is rich in protein, fibre and fatty acids that can help restore skin's natural moisture barrier and quinoa seed extract that contains a naturally derived peptide that's been clinically proven to help reduce under eye bags and puffiness after just 28 days. Skin Masterclass can help you pinpoint the products you need to bring back the glow!"

Take a look at the latest skincare products for mature skin and you'll find that most are a clever mix of the ingredients you'll find in the foods you eat every day including oats, oranges and oily fish. Eat more of them to help yourself to fresher-looking eyes, glossy hair and plumper skin and swap in a food-inspired skin care product and you'll start to notice a difference this spring – something

we all want when our hormones are playing tricks.

You want: Fresher looking bright eyes

What you need: Vitamin B12, vitamin C and lutein

Find it in: Eggs

"These protein packed powerhouses contain lutein – an ingredient the body can't make for itself, but what our eyes need to function properly," says nutritional consultant Gemma Landau. "They're also a great source of vitamin B12 or riboflavin that helps to keep eyes bright and stops the area around the eyes becoming dry and itchy." Start the day with scrambled eggs tossed with cherry tomatoes, which contain the vitamin C that the body needs to absorb protein.

Skincare to go: Holland & Barrett Eye Serum Vitamin C & Hyaluronic Acid, £12, gentle



enough for sensitive eyes or invest in new advanced skincare system Skin Bureaux's Bright & Tight Eye Cream, £118, skinbureaux.com with a potent blend of CBD and green tea extracts that have been clinically proven to minimise lines and brighten the skin around the eyes.

You want: A natural face-lift

What you need: Vitamin E

Find it in: One of the true superfoods as leading nutritionist Rick Hay says, "Oats contain the complex carbohydrates we need for energy, B vitamins, vitamin E, fibre, selenium and calcium, which give the body powerful anti-ageing protection. Eating oats can also help boost the production of baby skin cells keeping your complexion firm and plump, acting like a natural face-lift! They also stimulate the immune system so skin heals faster. Eat a bowl of porridge as a mid-morning snack topped with a handful of fresh berries and seeds.

Skincare to go: Absolute Aromas Oat Oil, £13.50, absolute-aromas.com, can be used post-cleanse or try Odylique's Avocado 24-Hour Replenishing Cream that's also plant protein rich and keeps skin soft and supple, odylique.co.uk.



You want: Stronger, healthy nails

What you need: Vitamin D

Find it in: Better known as the sunshine vitamin, oily fish – especially salmon and mackerel – also contain the essential omega-3 fatty acids that help keep the nail bed healthy and speed up growth. Vitamin D also works with calcium to help nails grow long and strong and stops them from splitting and breaking. Aim to include three portions of oily fish in your diet every week.



Nail care to go: Protein Formula 3 For Nails, I Hydrate, £14.95 at Boots, contains protein and vitamin B to strengthen nails that often weaken as a result of hormonal changes or try an all-round supplement to boost

hair and nails such as Imaara's Beauty Glow Gummies with added vitamin C and wild berries, £40, Selfridges.com.

You want: Glossy locks

What you need: Selenium

Find it in: Bananas

A must for glossy-looking hair, according to nutritionist Suzie Sawyer at feelaliveuk.com. "This trace mineral helps the thyroid promote healthy hair growth and keeps it thick and healthy". You can find it in everyday foods such as chicken, Brazil nuts and bananas. Pop a banana into the freezer and freeze for two hours, the result tastes just like ice-cream.

Hair to go: Hair can lose volume and be slow to grow during each stage of menopause. A supplement formulated for this time of life can help as it contains the right blend of vitamins and minerals to encourage strong growth, such as Elle Macpherson's Hair Elixir range with omega oils, broccoli and artichoke extract, £42, wellico.co.uk and award-winning Perfectil Hair, £17.95.



You want: Fewer fine lines and wrinkles

What you need: Beta-carotene

Find it in: Oranges

One of nature's best antioxidants, it's the beta-carotene and vitamin

A found in oranges that helps to prevent the toxins in the air and sunlight from damaging your skin. It also helps build collagen, the network under the skin that keeps it looking young and firm, and speeds up the delivery of oxygen to skin cells helping to keep your complexion looking youthful and fresh. Eating oranges can also help to detoxify your system. Make your own Botox smoothie by whisking together a handful of red berries, one orange and a tub of natural yoghurt.

Skincare to go: SOS Science of Skin Cleanse No. One is a gentle cleansing water for stressed skin with inflammation calming green tea extract, £15.99 at Ocado, or try Decleor's Green Mandarin Glow Night Balm with orange extract, £60.50, facethefuture.co.uk or COSRX Full Fit Propolis Honey Overnight Mask, £20, that has an instant smoothing effect, beautybay.com.

