

We love...



**Evolve Organic Beauty  
Liquid Radiance Glycolic Toner**

Super rich in fruit-complex AHAs and BHAs to gently exfoliate and reveal luminous skin without irritation, make this product part of your daily routine to see real results. **£20, [evolvebeauty.co.uk](http://evolvebeauty.co.uk) and [John Lewis](http://JohnLewis.com)**



TRIED & TESTED

## THE REVIEW

### Laura Sutherland tries Kajal Nandha's Bespoke Glow Facial

I'd thrown as much hyaluronic acid and vitamin C cream as I could at my dull, trans-seasonal complexion, but it was time to bring out the big guns. Or rather, Kajal Nandha. With more than a decade of reviving tired skin behind her, the facialist has launched a bespoke brightening treatment. After discussing my specific skin concerns, I laid back for a canvas-clearing dermaplaning session to remove fine hair and dead skin, and open up thirsty pores. This was followed by a round of microneedling to target sun damage.

Disclaimer: you're not in for a relaxing face rub. However, as you settle in and let the numbing cream kick in, Kajal will put you at ease, sharing skincare wisdom along the way –she recommends layering up on hydration products for the week after the facial, as the fresh skin will absorb everything more effectively. After a final enriching vitamin mask, I'm amazed to find my face already looks newborn and dewy, with not a puncture mark in sight. All that's left to do is stock up on sheet masks...

**From £150, [athertoncox.co.uk](http://athertoncox.co.uk)**

# Beauty NOTES

Whether you require a radiant big-day base or long for lustrous lashes, we've got the glow-up lowdown

## ASK RENÉE

**Got a burning beauty question? Our columnist, renowned medial facialist and skincare guru RENÉE LAPINO is here to help**

**Q. I have issues with bloating, congestion and breakouts and I want to fix all of this before my wedding. Could they be linked?**

A. Gut health is absolutely linked to skin health, and this has been scientifically proven time and time again. Your first port of call should be to reach for a probiotic supplement. Antibiotics, pollution, and chemicals from preservatives in our food can all lead to imbalances in our tummies, as well as on the skin. Secondly, I use pre- and probiotic facial products in my clinic – Esse Skincare is a certified organic range with live probiotics that I would recommend to any client suffering with acne or congestion, as well as those complaining of digestive issues. The surface of your skin is made up of millions of probiotics and its condition depends heavily on the microbes living on and in your skin.



Once you're taking a probiotic supplement daily, I recommend introducing a collagen supplement (or a protein if you're regularly exercising). This will line your stomach and strengthen the gut wall, healing a leaky gut, eradicating bloating and constipation, and increasing your absorption of nutrients from food. This all leads to healthier connective tissue and increased cell production, which in turn leads to clear skin.

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## GLAM CURL

Luxury lash queen Elizabeth Chandler is every bride's best friend, and for good reason. Her bespoke lash extensions will give you the seriously full, fluttery look you've always dreamed of for your wedding photos – no mascara required. And now Elizabeth has launched her own range of weightless individual silk lashes for you to use at home: trust us when we say her brand new *Indis* are the softest out there that you can apply yourself, with five guaranteed wears per box. Perfect for you, perfect for your maids, and perfect for the big day. **£22, [elizabethchandlerlashes.com](http://elizabethchandlerlashes.com)**