



stress-proof your looks

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POOR POSTURE

According to research, bad posture makes you look up to eight years older than you really are.

"Although stress might stretch you emotionally it has the opposite effect on your body," says yoga expert Caroline Kremer (58southmoltonst.co.uk).

"Not only is poor posture ageing but slouching also restricts the space in which your lungs and intestines have to work," she explains. "This leads to a build-up of toxins which saps the vitality in your skin, eyes and nails."

Fix it: Taking a deep breath lifts and lengthens the torso which jump-starts a sluggish gut. "Inhale through the nose and exhale slowly making a strong S sound until your lungs are completely empty," advises Caroline. "Breathe normally for three minutes and repeat the sequence twice more."

To help keep your back straight during the day use a PosturePlast, £14.40 for four (boots).

RELAX: Relief is at your fingertips

com). This self-adhesive patch fixes to the lower back and keeps the spine in a healthy position so it's impossible to slump or slouch.

WORRY LINES

Just as our neck and shoulders get stiff through stress, our face also takes the strain when we're tense.

"Expressions such as frowning pull muscle fibres in the skin, which gradually damages collagen proteins and leads to deep-set lines," says Sanctuary Spa's celebrity facialist Nichola Joss (sanctuary.com).

"Skin tends to look dull and tired too as it's tougher for nutrients to flow around the face when the muscles are tight."

Fix it: "When there's no time for a facial massage use your index finger to relieve pressure points on the inner point of each brow instead," says Nichola. "Press firmly, hold for six seconds then release."

For an extra helping hand try Environ Focus Frown Serum, £120 (020 8450



2020). Its cocktail of muscle relaxants is said to achieve visible results in around four weeks.

DRY SKIN

"Stress attacks every cell in your body and as your largest organ skin shows the damage first," says dermatologist Dr Adam Geyer.

As well as wreaking havoc with your immune system stress hormones cause inflammation which weakens the complexion's protective barrier.

"As a result skin lets moisture out and irritants in resulting in symptoms such as dehydration, irritation and dullness," adds Dr Geyer.

Fix it: Soothe your skin from the inside out with anti-inflammatory foods such as avocado, wild salmon and pumpkin seeds.

On counters from next month Kiehls Skin Rescuer, £29.50 (harrods.com) is a purpose-made moisturiser formulated to protect your complexion from the effects of stress and repair the damage.

It takes two weeks for the formula to rebuild your skin barrier so you need to use it continually.

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