



Santé FEEL YOUNGER EVERY DAY

D is for... DE-STRESS

More than 40 per cent of adults cite financial worries as causing them the most stress in life, topping problems with friends and family, health concerns and their job. Chronic stress accelerates premature ageing by shortening DNA telomeres, so it's important to get things in line, not only for your bank balance, but for your health, too! Finance experts at moneyguru.com advise creating a budget, consolidating debts and talking about money problems to stay stress-free and youthful.

Embrace this anti-ageing powerhouse and reap a range of youthful benefits. 'Vitamin C helps protect DNA, proteins and lipids from oxidative damage,' explains nutritional therapist Allison Cullen. 'It's needed for the formation of collagen – essential for younger looking skin.' We cannot make or store vit C, so taking a supplement can help. Try **Nature-C chewable vitamin C tablets** (£7.79, avogel.co.uk). And for a mega boost, eat blackcurrants. They're four times higher in vitamin C than oranges!



C is for... VITAMIN C

WORDS: LARISSA CHAPMAN. PHOTOGRAPHS: SHUTTERSTOCK AND GETTY IMAGES.

E is for... ENDERMOLOGIE

Smooth, plumped skin really rolls back the years, and endermologie can help you achieve just that. This natural, non-invasive facial and body contouring treatment simultaneously firms skin, smooths any uneven areas, such as cellulite or wrinkles and targets stubborn fat, helping you look toned and youthful. 'Each bespoke treatment uses a motorised rollerball tool [acting as an extension to the therapist's hands] to provide a deep massage,' says co-founder of Bio-Extracts (bio-extracts.co.uk) Marina Shcherbinina. 'And because each treatment is bespoke, those who are more sensitive to pain can opt for a gentler regime.'

