

SECRETS OF A Celebrity Facialist

Her eponymous clinic, **Melanie Grant Skin Health**, sees a client list that includes Lara Worthington and Jessica Gomes. Here, Grant talks hero anti-ageing buys and tips to a luminous complexion

GREAT SKIN STARTS FROM WITHIN

“There are many factors that can affect our skin, especially as we age. These include diet, lifestyle, stress and hormonal changes,” says Grant. “It’s important to keep in mind that no amount of skincare and in-salon treatments will work unless you address these skin stressors.”

WEAR SUNSCREEN EVERY DAY It really is that simple, says Grant. “Your skin’s primary job is to protect to you, but you also have to look after your skin by giving it the right protection.” Make sunscreen a part of your everyday regimen by choosing a day cream or moisturiser with a built-in sunscreen, and layer it over an antioxidant-based serum. “Sun damage not only contributes to hyper-pigmentation, it can also break down collagen, resulting in lines, wrinkles, skin laxity, large pores and redness,” says Grant. “I never leave the house without applying sunscreen to my face, neck and décolletage. Formulations have come a long way in recent years so you don’t have to worry about products causing breakouts or congestion.”

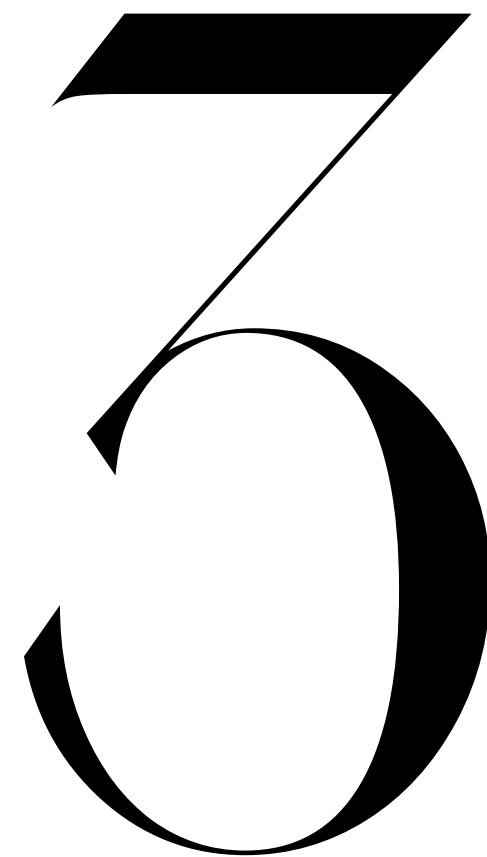
EXFOLIATE YOUR WAY TO BRIGHTER SKIN

If you associate exfoliation with grainy scrubs, think again. Grant recommends sloughing away dead skin cells by using a cleanser containing alpha-hydroxy acids once to twice a week. “As we age, cell turnover slows down gradually, causing dullness and lack of lustre,” says Grant. “Incorporating this ingredient will help to achieve fresh, dewy-looking skin.”

TRY LIGHT THERAPY Suitable for most skin types and textures, Grant says that over a course of treatments, light therapy, an in-salon treatment that involves using infrared light to increase collagen production, can result in firmer, plumper and smoother skin. “Also, along with the stimulation of increased blood and lymphatic flow, it helps to detox and de-puff your complexion.” But wait—there’s more. “It is also anti-inflammatory and promotes healing, so it’s a great treatment option for almost everyone, with no pain or downtime.”



Grant has worked in the industry for 16 years, and has two clinics, located in Sydney’s Double Bay and Armadale in Melbourne. This year, she was named the skin expert for Chanel Australia



WAYS TO GET GLOWING

IN THE AM

Apply a brightening antioxidant serum to clean skin and follow with a moisturising sunscreen, says Grant. “It’s important to find a serum that contains vitamin C—this is what will brighten your skin and produce a genuine glow. Then, use a moisturiser that gives a dewy finish for a healthy, fresh-looking complexion.”

IN THE PM

At night, Grant recommends washing your face with a cleanser rich in alpha-hydroxy acids, then apply a retinol serum and hydrating night cream. “The cleanser and retinol serum will lift off dead skin cells, allowing your moisturiser to penetrate properly resulting in polished, supple skin.”

ONCE A WEEK

“I always recommend a weekly, DIY facial peel and mask,” says Grant. “There are some excellent at-home peels that you just wipe over your face, chest and neck. Leave the product on for five minutes, rinse, and then apply a face mask suited to your skin type and condition.”



Grant’s skin saviours
Doctor Babor Derma Cellular Ultimate Protecting Balm SPF50, \$78; 1800 139 139. SkinCeuticals C E Ferulic Antioxidant Treatment, \$214; 1800 242 011. Chanel La Solution 10 Sensve Skin Cream, \$132; 1300 242 635

DEALING WITH YOUR

SKIN CONCERNS

It’s inevitable that over time the telltale signs of ageing will crop up. We turned to Grant for her expertise on how to treat three complexion issues

AGE SPOTS

Use a broad-spectrum sunscreen to prevent sun-related damage, says Grant. “Lightening serums with ingredients such as niacinimide, both vitamin C and A, and kojic acid can assist in skin repair. You can also consider clinical treatments such as light therapy and laser, which work to resurface the skin, target pigmentation, sun spots and a build-up of redness over time.”

FINE LINES

“Fine lines are often caused by dehydration, so enlist a hydrating serum and a peptide-enriched moisturiser, used in conjunction with a retinol serum in the evening, to keep the skin moist and plump,” says Grant. For professional treatments, she recommends a hydrating facial to target dehydration, which will also help fine lines appear less obvious.

DEHYDRATION

There’s a direct link between the amount of water your consume and your complexion, says Grant. “Ensure you’re drinking at least two litres of water daily and if you’re exposed to hours of air-conditioning, consider using a humidifier to replace the moisture lost,” says Grant. Apply a hydrating serum and nourishing moisturiser, ensuring that you’re exfoliating regularly to allow for better penetration of your products.