



BEAUTY BRIEF

BE CLEAR ON DAIRY

Here's a reason to embrace full fat: a study in the *Journal of the American Academy of Dermatology* has linked drinking skimmed milk to acne, while those whose skin was clearer drank more full fat. Researchers suggest it may have something to do with missing out on the 'good for your complexion' fatty acids found in whole-fat dairy. Lactose intolerant? Dairy alternatives such as almond and hemp milk have also been linked to healthier skin. Try Good Hemp Milk, £1.60 at Holland & Barrett, and embrace your milk tash.

54

The percentage of women who take selfies. But beware: scientists revealed high energy visible light (HEV) emitted from phone screens can accelerate skin ageing. Panic not; L-ascorbic acid speeds up cell renewal, revealing undamaged skin underneath – find it in Skinceuticals Phloretin CF, £95.

SOURCE: FACIAL AESTHETIC CONFERENCE EXHIBITION

LOOSEN UP FOR STRONG LOCKS

Leave the Croydon facelift to Kate. Research* confirms a link between tight hairstyles and the development of traction alopecia. In other words: pulling your hair back too tightly, too often can cause damage to the hair follicle, which quite literally pulls your tresses out at the roots. First, stop it. Second, if you're already on the patchy side, these three beauties might help...



THE CLIP IN
Extension Professional, Urban Retreat at Harrods, from £199
Clip in these colour-matched tresses for extra body in an instant



THE STYLER
Bumble and Bumble Surf Foam Spray Blow Dry, £22
This frothy foam/mousse hybrid will give you big, bouncy beach hair



THE SUPPLEMENT
Fountain The Hair Molecule, £35 at Net-A-Porter
Each serving has 400% of your RDA of biotin. Think: stronger, fuller locks

MAKE YOUR SCENT STICK

They don't look like they'd smell too sweet, but the way male ring-tailed lemurs mark their territory may hold the secret to giving your scent staying power, scientists from Duke University, US, have revealed.

The animals layer their territory-marking aromas by first releasing liquid droplets from their glands and then securing it with a thicker brown paste secreted from their chests. While you may not be spritzing something so pungent, perfumer Roja Dove suggests applying your regular moisturiser over your fragrance to make sure it sticks. Heady.