

The SCOOP

Hooray for care down there, says *Caroline Phillips*



⤴ CARE DOWN THERE

Hurrah. Some new intimate wellness solutions for the sisterhood. Gentil focuses on pH balance, gut and skin microbiome, alongside urinary tract health. From Come Clean – a creamy, fragrance-free cleanser formulated with electrolytes and probiotics – to A Quiet Night In, a water-based lubricant with the consistency of your own lubricant (albeit this one’s full of Aloe Vera and free of petroleum). Time to bin the antibiotics too. Gentil’s Take Care of U supplements support a healthy urinary tract and immune system, relieving symptoms of cystitis. Thumbs up to this holistic, natural healthcare brand that’s empowering women and boosting their wellbeing. From £13. johnbellcroyden.co.uk

⤴ IN HOPE

Want to tackle your emotional and skincare needs in one go? Mental ill health adversely impacts the skin and nervous systems, but psychologist Dina El Adani offers unique facials that combine talk therapy (CBT), AI skin analysis, and her pioneering, mood-enhancing, world-first psychodermatological skincare® products, Espérer, which target the skin and mind at a neuro-cellular level. Rooted in psychodermatology (which addresses the interaction between mind and skin) and neuroscience, Espérer’s potent botanicals repair the skin and encourage the release of positive neurotransmitters – boosting joy-increasing dopamine and reducing stress-induced hyperpigmentation to stimulating serotonin, thus smoothing wrinkles. In trials, 87 percent reported improved mood (and skin) after two weeks. Don’t ditch the antidepressants yet, but do head to John Bell & Croyden for these all-natural elixirs. Or book a luxury facial in Dina’s Marylebone consulting suite. The world’s first psychodermatological skincare® brand, she developed it to alleviate her own anxiety and hormonal skin. And succeeded. Ninety-minute ESP signature facial, £450. espererskincare.com

⤴ THE MATRIX

When La Prairie brings out a new product, there’s a flutter of excitement. The cult Swiss skincare brand’s latest launch is Life Matrix Haute Rejuvenation Cream. It’s been years in the making, with Clinique La Prairie (the vaunted longevity clinic on the shores of Lake Geneva) reviewing the impressive scientific research. The results are that this new iconic product – which works by enhancing the performance of cellular processes, and thus extending skin health – has now been integrated into two of their programmes. For those who can’t get to Switzerland, head to Harrods instead, for a potion that revitalises skin from within. £1,550. harrods.com

