

# mother's make up

Having worked in the beauty industry for over 20 years in senior training, coaching and education management roles, Nikki Taylor's product knowledge is second to none. Nikki is responsible for igniting my passion for great skincare. Nikki works as a freelance consultant with beauty brands, distributors, retailers, QVC and fightingfifty.co.uk. Michael Johnson chats with Nikki Taylor about the best, yet simple advice to share with Mother's of the Bride/Groom to ensure they too look stunning on the wedding day.

**What defines a mature skin?**  
Mature skin is no longer defined by lines and wrinkles. Recent research has shown that women are more concerned with skin tone as they age than they are with lines. An uneven skin tone with hyper pigmentation ages the skin. Women who are now forty-plus and used sunbeds in their teens and twenties are seeing the skin damage come through now. An older skin can also be dryer and rougher in texture due to natural cell turnover slowing down. I have also seen a rise in hormonal breakouts in older women.

**What defines a younger looking skin?**  
A younger looking skin is defined by a healthy glow, smooth texture and a plumpness or bounce in the skin. However a young skin can often suffer with breakouts and oiliness. It is important to treat any skin concern gently as stripping the skin at a young age can contribute to premature ageing.

**With regards to skincare, what does mature skin need?**  
Mature skin needs a balance of both oil and water and this is where many women become confused. The most common skin issue at any age is dehydration - caused by central heating, air-conditioning and general everyday life. This can be treated with a water-based product. A dry skin is lacking in oil and needs a richer oil-based cream. Women often think that to treat either of these concerns they just need to use a heavier cream and this is absolutely not the case.

**What key products are able to achieve the appearance of younger skin?**  
There are three key areas where I believe you can make a huge difference to your skin whatever your age. The first is cleansing. The best cleansing routine would consist of a light wash-off cleanser in the morning to remove any perspiration or oil that has built up over night. At this point I need stress that if your cleanser is leaving your skin 'squeaky clean' then it is too strong. Your skin should never feel tight! Then I would recommend the use of a balm or oil cleanser at night, massaged into dry skin and removed with a clean washcloth. Exfoliation would be my next 'must do' step. Your cell turnover and its natural exfoliating actions slow down as we age and this leaves the skin dull. It also means your serums and creams are being applied to dead skin cells as opposed to fresh skin. Exfoliation can be carried out weekly with either a granular- or enzyme-based exfoliator or my personal choice an acid-based exfoliator. My final skin routine recommendation would be to layer your hydrating and moisturising products. I always recommend a serum to be used from the age of thirty-five as it really helps add in those extra benefits that our skin needs as it ages. Daytime this is followed by a moisturiser and ideally an SPF. Including an SPF into your daily routine is the best way to slow down the ageing process and an absolute must if you are using any glycolic acid-based products in your routine. At night you can finish your routine with either a facial oil or a moisturising cream. This action of layering your skin care really helps seal hydration and nourishment into the skin.



**1 Bodhi & Birch Rosa Rosa Clarifying Cleanser:** This gentle lotion cleanser contains Rosehip oil to cleanse and Damask Rose and Camomile to balance tone and smooth. A true delight! This cleanser will remove make-up and can be used for an uplifting morning cleanse.

**2 Merumaya Melting Cleansing Balm:** This effective cleansing balm from UK brand Merumaya is a great make-up remover and leaves the skin clean and silky smooth. This brand is results driven and very cost effective.

**3 Alpha H Liquid Gold:** This liquid exfoliator is used three evenings a week. The inclusion of Glycolic acid gives effective exfoliation and helps to treat roughness and pigmentation on the skin.

**4 Dr Sebagh Rose de Vie Serum Delicat:** A non-greasy serum is perfect for restoring suppleness to a mature skin. Rosehip oil helps treat redness and also protects the skin from environmental aggression. Although a considered purchase this product is used sparingly.

**5 Elemis Pro-Collagen Marine Cream:** The hero product from the Elemis range is suitable for all skin types and also acts as a great base for make-up. It treats fine lines and firmness whilst also improving skin hydration. It contains the marine extract Padina Pavonica.

**6 Zelens Daily Defence SPF 30:** Truly superb broad spectrum daily sunscreen protects the skin without irritation or the heavy texture of traditional sun creams. It also acts as a great base for make-up.

**7 Rejuvenated Collagen Shot:** This powdered beauty supplement contains 10,000mg of marine collagen plus Hyaluronic acid and acai berry. Taken nightly it will help to improve skin plumpness and firmness from the inside. I would recommend starting to take this supplement at least two months before the big day.



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**What would you recommend for the Mother of the Bride on the wedding day?**  
My first recommendation for great make-up is to use the best skincare as it provides a good canvas. The main advice I give to both brides and their mothers is that your make-up should still make you look like you - now is not the time to make dramatic changes. However you will need to ensure you have definition and colour in your make-up that will show up in the photos. Also I would recommend long-wear products to minimise the need for touch-ups.



**Bobbi Brown Long Wear Foundation:**  
Gives a medium coverage with long wear benefits but still allows the skin to look like skin.

**Smashbox CC Cream:** A similar finish to a tinted moisturiser but with the inclusion of skin brighteners it will help neutralise pigmentation and uneven tone on the skin.

**Nars Radiant Creamy Concealer:**  
Light liquid concealer that gives perfect coverage for the under eye area without any pink-toned reflection. This concealer can also be used on the face to conceal any skin marks or redness.

**Chanel Le Blush Creme:** Silky textured cream blush that gives a longer wear. A cream blush is more flattering on an older skin. When choosing your shade you are looking for a tone that gives a healthy flush. Apply on the apple of the cheek and buff into the skin.

**Nars Brow Perfector:** A super-fine propelling pencil that adds definition and fills in gaps in the brow. Available in four shades. We lose definition in our brows as we age and adding shape and tone back is instantly uplifting.

**Benefit Gimme Brow:** Available in two shades, this gel is ideal to add definition and also to keep unruly brows in place.

**Bobbi Brown Long Wear Gel Eyeliner:**  
By adding definition to the lash line with this deeply pigmented liner is the quickest way to give the eye a lift. Apply using the Bobbi Brown Ultra Fine Liner brush. Practice a few times keeping the line close to the lashes to make them look thicker.

**Code VLM Volumising Lengthening Mascara:** As the name suggests this mascara delivers on both length and volume without clumping. Also, tear-proof for those emotional moments throughout the day. Whatever your hair colour I would recommend black as again it adds definition to the eye area.

**Charlotte Tilbury Lipsticks:** Whether you choose the original lip colours or their matte revolution range these lipsticks deliver on both texture and colour tone. For long wear I would recommend to line the lips and apply lip liner all over the lip. Follow with lipstick - blot and re-apply.

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