

Red

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Anna Friel
on relationships,
her 'rocky years'
and breaking
the rules

THE GREAT COAT EDIT

Oversize checks
70s shearling
Leopard print
Modern faux fur
Can't resist:
A glossy trench

HOME COMFORTS

COSY AUTUMN
SUPPERS

DINING NOOK
DÉCOR

CHIC NEW
PAINT SHADES

RUSTIC TABLE
SETTINGS

7 TRUTHS OF
WORKING
MOTHERHOOD

Skin special

BRIGHTER
SMOOTHER
FRESHER
(YES PLEASE!)

How to
live with
(and love)
impostor
syndrome



Skin special



Aime French Glow & Pure Glow, £30 for one month. These glow-focused supplements hydrate from within for clear, satiny skin.




Lyma, £149 for one month (£199 for starter kit with pot). Thoughtfully put together with patented nutrients, this premium multi-vitamin has beauty benefits for skin, hair and nails.

PILL POPPIN'

It's not just about moisturisers and SPF's – the latest innovations in beauty work from the inside out

Not one loves a supplement like a beauty editor. But (and perhaps oddly, given the crowd) while we regularly trade among ourselves the pill-shaped secrets of deeper sleep, lower stress levels and improved digestion, those capsules and tablets designed for better skin rarely feature – too unlovely to look at and somehow just not *fascinating* enough to mention...

Welcome to a new wave of skincare ingestibles. Glossier, higher-spec and... well, let's take Lumity, a gamechanger according to anyone taking it – including several fully hooked *Red* writers. Lumity's building blocks of minerals, vitamins, omegas and amino acids are nothing new. The magic, says founder Sara Palmer Hussey, is in its twice-daily dose that supports cellular protection by day and renewal at night. And it works: not only for springy, luminescent skin but also (as we discovered) for a sharper brain, bulletproof mood and deep, velvety sleep. Then there's premium multi-vitamin Lyma, which has picked up an equally devoted following with its promise of stronger skin and hair – plus better mental clarity, energy levels and immunity. And, ohh, it's pretty (spy the hammered-copper pot all over Instagram). There's a catch, of course – both are more nail-bitingly expensive than your most precious skincare serum. In which case, a targeted approach might be more feasible, as *Red's* features editor found when she married this summer, clear-skinned and dewy after one month of Lumity (she's planning a top-up every few months). We also stand by Advanced Nutrition Programme's excellent range of beauty supplements, now in delicately illustrated pots and perforated packs – no measuring, just tear off your daily dose and go. Also new is enticing range Aime – choose French Glow for hydration, Pure Glow for problem complexions or Urban Glow for an antioxidant boost. Say 'hello' to your new beauty fix...



Lumity Food Supplement, £90 for one month (£76.50 on subscription). Three in the morning, three at night, for bouncy skin, buoyant mood and all-round alchemy.



VH Bamboo Extract, £18 for 60. Online pharmacy Victoria Health knows supplements inside out. This, from its new in-house range, is rich in skin-building mineral silica.



Advanced Nutrition Programme Skincare Select, £36 for 28 days. The entry level of ANP's cleverly curated skincare plans, with highest quality omegas, vitamin A and antioxidants.