



Overnight **SENSATION**

It smooths, firms and softens fine lines — what more do you need from a night cream?

You wouldn't believe how often I'm asked to recommend a good anti-wrinkle cream. Or perhaps you would, given the universality of the concern. If you think back to a more innocent time, when women in movies dutifully applied night cream in front of a mirror (with their hair in rollers), anti-wrinkling was the sole purpose of the exercise. It still is, of course, even though the 55 zillion night creams on the market have increasingly baroque names and boast of increasingly baroque properties. Fact is, everybody just wants to look less old.

I'll tell you what I recommend above all, before I get going with my review, and that is not having too thin a face from roughly 45 onwards. People end up needing to have filler to plump up the bits that just eating proper dinners would have kept plump naturally, which seems completely mad to me, especially since eating proper dinners is so nice. And especially since the fillers, on an otherwise skeletal face, often look somewhat improbable. I maintain that being very slightly podgy is always better, as in more flattering, than being very slightly too thin, and that this is never truer than in middle age. Unfortunately, I personally find the "slightly" part challenging, podge-wise, due to the existence of bread.

Anyhow, what everyone in this age bracket wants, I think, is to have a cream situation where you put it on before going to bed and you wake up looking better — a bit like someone's given you a quick iron. Less crumpled, firmer, smoother, more pert. In addition, it would be nice if this magical cream could restore the feeling of boingy elasticity and make the visual evidence of the stresses of the day before disappear, or at least blur them beyond recognition. On top of that, the cream should make it look like you've had 12 hours' sleep. And, obviously, soften wrinkles and fine

lines. (Light wrinkles, not giant craters. If you have giant craters, consider fillers and then start again.)

Are you smiling tensely and going: "Yeah, right, like all of those things happen out of a poxy jar?" I don't blame you. I didn't even believe in night cream until quite recently — I thought it was day cream made richer and rebranded, and besides, one's poor skin should have some respite from products at night, instead of constantly being slathered in things. I still think this, but I get round it by going without make-up in the day as often as I can. If that's not an option, do give your skin a breather (literally) a night or two a week.

So, the heroic product in question is called Pro-Collagen Overnight Matrix and is by Elemis. It's expensive at £145, but I only ever recommend things for a reason and, for me, this cream stands out in a crowded field, and it's a field where £200 is the starting line. It does all of the things I've listed above, night after night. It makes you wake up looking significantly better than you did when you went to bed, and it keeps on doing it. I think it does amazing things to fine lines, but of course that observation is even more subjective than usual. Put it this way: I would not now be without this cream. I only think that about a product about three times a year. ■

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