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*Grooming*

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## Be Summer Ready – In Just 6 Weeks

*Words by Ms Fedora Abu*

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WEEK 01.

### Start on your skin

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The best way to make a noticeable difference to how look and feel this summer? Follow the advice of Dr Stefanie Williams of [Eudelo Skin Clinic](#) and invest in your skin – specifically the epidermis. “The dermis, where the collagen lives, has a turnover of three months, so it’s unrealistic that you could see more firmness,” she says. “On the other hand, the upper layer renews every four to six weeks.”

Her recommendation is a hardworking peel, such as Eudelo’s MelaOut, which will target pigmentation and is safe and effective for all skin tones. Meanwhile those with lighter and more mature skin could benefit from an IPL or ablative laser. Dr Jenny Doyle of [The Clinic Holland Park](#) is a fan of BBL laser and Halo. “And get it done asap,” Doyle says. “You want to plan a period of downtime and also have it done as far away from sunny periods as possible.”

Treatments aside, there’s also plenty you can achieve with high-quality skincare at home. But note: if you’re a rookie, don’t start on retinols and high-strength vitamin Cs right now, Williams says. Instead, look out for polyhydroxy acids. “You get a nice brightening of the skin, a reduction of dullness and refining of the surface, without going through that flaky stage.”

Williams also recommends introducing three supplements to your daily routine: “a liposomal glutathione to support brightening, an oral antioxidant to help with evening out and a hyaluronic acid for internal hydration.”