
GYM





FACE

Yes, we know: exercise is good for us. But it's not always great for our skin. Discover how your complexion and workout can work in harmony

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We never used to be compatible; we just weren't each other's type. I never had the time, energy or inclination. But to my surprise, we've recently embarked on a rather steamy relationship. We're at it most weekends and *sometimes* we even squeeze in a quickie before work. Yes, exercise and I are an item. And it seems I'm not the only one enjoying it.

Next month, 19,046 women will run in the London Marathon

– 6,813 more than last year. Last September, women accounted for 57% of participants in Nike's Run To The Beat half-marathon and 30% of the competitors taking on Tough Mudder's challenging 12-mile obstacle course were female. Today, the UK exercise industry is worth £1.15 billion and is expanding at a staggering rate.

2014 is clearly the year we've got wise to exercise with 17% of adults in the UK exercising regularly, 8% higher than the EU average*. "British women enjoy

the challenge and understand the benefits that living a healthy lifestyle can give them," explains Bodyism personal trainer and Facial Stretch Therapist Tegan Haining. "As a nation it's no longer frowned upon to care."

But while the health benefits of any kind of exercise are obvious, there can also be some unwelcome side-effects for skin. Work out how to combat them and your daily spin class or downward dog won't derail your skincare – no bad skin days necessary.





RUNNING VS FIRMNESS

"I can tell when a client is a keen runner because their skin is less plump, less taut and visibly pinker," explains facialist Sarah Chapman. It's not called 'runner's face' for nothing – every time your foot hits the ground, it stretches the collagen fibres that are like taut elastic bands keeping skin firm. Over time they lose their ability to bounce back and eventually slacken, causing skin – on the body as well as the face – to sag. Runners need souped-up collagen-boosting ingredients such as Matrixyl, found in Regenerist 3 Point Super Firming Serum, £29.99, Olay and Stem Cell Collagen Activator, £245, Sarah Chapman. Also look for products containing firming

legs as you run creates a more stable core so that the impact takes less toll on your joint and your skin," advises Olympic trainer Tim Weeks. If you're a fan of running outdoors, your skin is subjected to oxidative stress from the free radicals produced by exposure to UV and pollution, which causes early lines and pigmentation. Target both by investing in the right SPF – ditch titanium dioxide-based physical sunscreens that sit on the surface of the skin and block pores when they dilate during exercise. Instead you should choose a chemical SPF which is absorbed deeper into the skin and ensure it's packed with potent anti-oxidants;

"AS YOUR FOOT HITS THE GROUND IT STRETCHES COLLAGEN FIBRES THAT KEEP SKIN TAUT"

copper peptides such as Powerful Wrinkle Reducing Cream SPF 30, £42, Kiehl's. Encourage collagen synthesis further by adding a shot of Beauty Food, £55, Bodyism – a supplement packed with marine collagen peptides – to your water and sipping it as you run (we like the citrus taste). Changing your running technique will also help keep collagen fibres firm: "It might sound strange but tensing your bottom and stomach to engage your pelvis rather than your

try Sunshield Superfluid SPF50, £15, Soap & Glory or Daily Defence Sunscreen SPF 30, £55, Zelens. If you simply can't bear to part with your regular titanium-dioxide based sunscreen, Chapman suggests taking oral antioxidants instead such as Oral Capsules, £24.99, Heliocare, as a back-up secondary defence. "Even if the SPF slips off skin as you sweat, it will still have a degree of protection from the inside out."



SWIMMING VS DRY SKIN

Tap the words 'front crawl' into Google Trends and you'll see that the frequency of googling this term peaked in January, thanks to all those New Year's resolutions. While the frequency has now dropped slightly, people are still googling it more than this time last year. Whether you can give Rebecca Adlington a run for her money or prefer a slow and steady breaststroke before relaxing in the jacuzzi, swimming is the UK's most popular sport with 2.9 million people dipping their toes in each week. The water

in indoor swimming pools is kept at an optimum pH level of 7.4 making it slightly alkaline compared to skin which is slightly acidic at pH 5.5. "One of the reasons why swimming is so drying on the skin is that the pool water's pH level impairs the skin's surface barrier," explains dermatologist Dr Stefanie Williams. Bacteria-busting chlorine exacerbates this by sloughing away dead cells from the skin's surface. A quick route to exfoliation, right? Wrong. The over-digestion of dead cells diminishes the skin's protective barrier further,

leading to the loss of lipids (our skin's natural moisturisers). Dry skin overcompensates by producing extra sebum in a bid to self-correct which clogs pores and leads to breakouts. What skin *doesn't* need is more exfoliation, however tempting it is to unplug pores. Instead,

"BACTERIA-BUSTING CHLORINE SLOUGHS DEAD CELLS OFF THE SKIN'S SURFACE"

Dr Williams recommends applying a layer of rich oil just before you dive in; it acts like a shield repelling water to protect the skin beneath. Try Vitamin Rich Facial Oil, £29, Orico or rich barrier creams such as Intense Hydration Face Mask, £19.99, Burt's Bees. Post-swim, apply a deeply hydrating product such as Moisture Miracle Oil Balm, £7.35, The Sanctuary, to replenish lost lipids and treat any breakouts with the purifying salicylic acid in Clear Difference Targeted Spot Treatment, £25, Estée Lauder. And while we hate to ruin your post-swim chill-out, think twice before hanging out in the jacuzzi:

the average teaspoon of hot tub water contains 2.17 million infection-causing bacteria** caused by the heat, rendering the chlorine useless.



VITAMIN RICH FACIAL OIL, £29, ORICO

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CLEAR DIFFERENCE TARGETED SPOT TREATMENT, £25, ESTÉE LAUDER

MOISTURE MIRACLE OIL BALM, £7.35, THE SANCTUARY

INTENSE HYDRATION FACE MASK, £19.99, BURT'S BEES





HOT YOGA VS BURST BLOOD VESSELS

When it comes to daily workouts, British women clock up an average of 24 minutes every weekday – a figure that is destined to increase as the weather gets warmer. Speaking of which, 'hot' sports such as Bikram yoga are rising through the ranks. For the most part exercise is an elixir for health, benefiting our body both internally and externally and positively boosting our mood. "Yoga lowers levels of cortisol, the stress hormone that degrades collagen by breaking it down into amino acids," explains

"YOGA IS ONE OF THE BEST FORMS OF EXERCISE FOR YOUR SKIN AS WELL AS YOUR SOUL"

Chapman, making it one of the best forms of exercise for your skin as well as your soul. However, that doesn't halt the vasodilation (widening of blood vessels) as blood rushes to the head during yoga's popular downward dog pose. This can cause the small capillaries to break, showing up on the skin's surface as red spidery lines particularly evident around the nose and on cheeks. Chapman suggests ingesting vitamin C to help to support the capillary walls as it boosts their flexibility when blood circulation increases (try Fast-C with Dihydroquercetin,

£30, Life Extension – which is very fast-absorbing). During Bikram, one of the most popular forms of hot yoga, the room is maintained at a temperature of 40°C. This heat causes pores to dilate so a thorough cleanse rather than a quick swipe of a face-wipe before a session is recommended to discourage moisturiser or make-up clogging pores. If you must apply products before you go to class a water-based serum which is absorbed by the skin rather than sitting on the surface is best. We suggest Bio-Performance Super Corrective Serum, £91.50, Shiseido or Hyaluron, £19.99, Indeed Labs. After class, wash your face again, thoroughly rinsing twice to ensure all sweat and impurities expelled are removed. After a hot yoga session water loss can lead to dehydration and fine lines so replenish your skin's moisture levels straight away while the pores are still open for deeper absorption – try the cooling 3D Moisture Infusion Mask, £39 for four, Sarah Chapman, which also contains hyaluronic acid to plump lines. Dr Williams suggests avoiding hot yoga if you are prone to rosacea or using Redness Neutralizer, £70, Skinceuticals to soothe flushed skin if you can't bear to give it up.



GYM VS BREAKOUTS

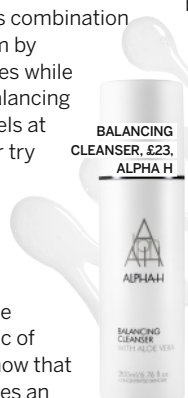
Cycling currently holds the title of the second most-popular sport with UK women aged 26 and upwards and its popularity is only expected to soar in July when, for the first time in its 110-year history, women will be allowed to ride the last leg of the famous Tour de France race. Back in the gym, the bike remains the most popular piece of cardiovascular equipment so it's no wonder there has been a rise in dedicated spin studios offering 'fusion fitness', a combination of spin and strength-training that incorporates upper body weights and aerobic moves while atop a static bicycle. Strength training boosts the skin's growth hormones which increase

average 3.6 times an hour and that increases dramatically when brushing hair or sweat from exertion-flushed foreheads so take a cue from Olympic trainer Tim Weeks' new venture, Psytle where the spin classes include weights, ballet moves and even 'jazz hands' slipped into the spin work-outs: occupied hands are less likely to transfer acne-causing bacteria to the face. Dr Williams is keen to point out that bacteria shouldn't compromise skin if you shower after each class but to be safe, make sure you clean equipment before use (antibacterial face wipes such as Tea Tree Cleansing Wipes, £5, The Body Shop come in handy here) and use your own towel –

"STRENGTH TRAINING BOOSTS THE SKIN'S GROWTH HORMONES WHICH INCREASE COLLAGEN"

collagen production, improving the elasticity of our skin. But it also raises the production of testosterone, the male hormone which can cause spikes in the skin's sebum levels, making it oilier. A post-workout cleanse with Balancing Cleaner, £23, Alpha H, restores combination skin's equilibrium by clearing impurities while hydrating and balancing the skin's pH levels at the same time or try dermatologist's favourite, Gentle Skin Cleaner, £9, Cetaphil which will reset even the most problematic of skins. Studies show that we touch our faces an

Dr Ron Cutler, an MSRA expert at the University of London, says gyms aren't governed by hospital regulations so they're not required to wash their towels at high-enough temperatures to kill bacteria. Since learning this, the gym bunnies in Team *Stylist* have been making room in their gym bags and taking their own. For the sake of your skin, you might just want to do the same.



*RESEARCHED BY IBISWORLD **RESEARCH CONDUCTED BY TEXAS A&M UNIVERSITY STOCKISTS: ALPHA H (CULTBEAUTY.CO.UK), BODYISM (BOYDISM.COM), BURT'S BEES (BURTSBEES.CO.UK), CETAPHIL (THISISBEAUTYMART.COM), ESTÉE LAUDER (ESTEEAUDER.CO.UK), HELIOCARE (DERMACAREDIRECT.CO.UK), INDEED LABS (BOOTS.COM), KIEHL'S (KIEHLS.CO.UK), LIFE EXTENSION (VICTORIAHEALTH.COM), OLAY (BOOTS.COM), ORICO (ORICOLONDON.CO.UK), PSYCLE (PSYCLELONDON.COM), SARAH CHAPMAN (SARAHCHAPMAN.NET), SHISEIDO (FEELUNIQUE.COM), SKINCEUTICALS (DERMADIRECT.CO.UK), SOAP AND GLORY (BOOTS.COM), SANCTUARY SPA (BOOTS.COM), THE BODY SHOP (BODYSHOP.CO.UK), ZELENS (UK.SPACENK.COM)