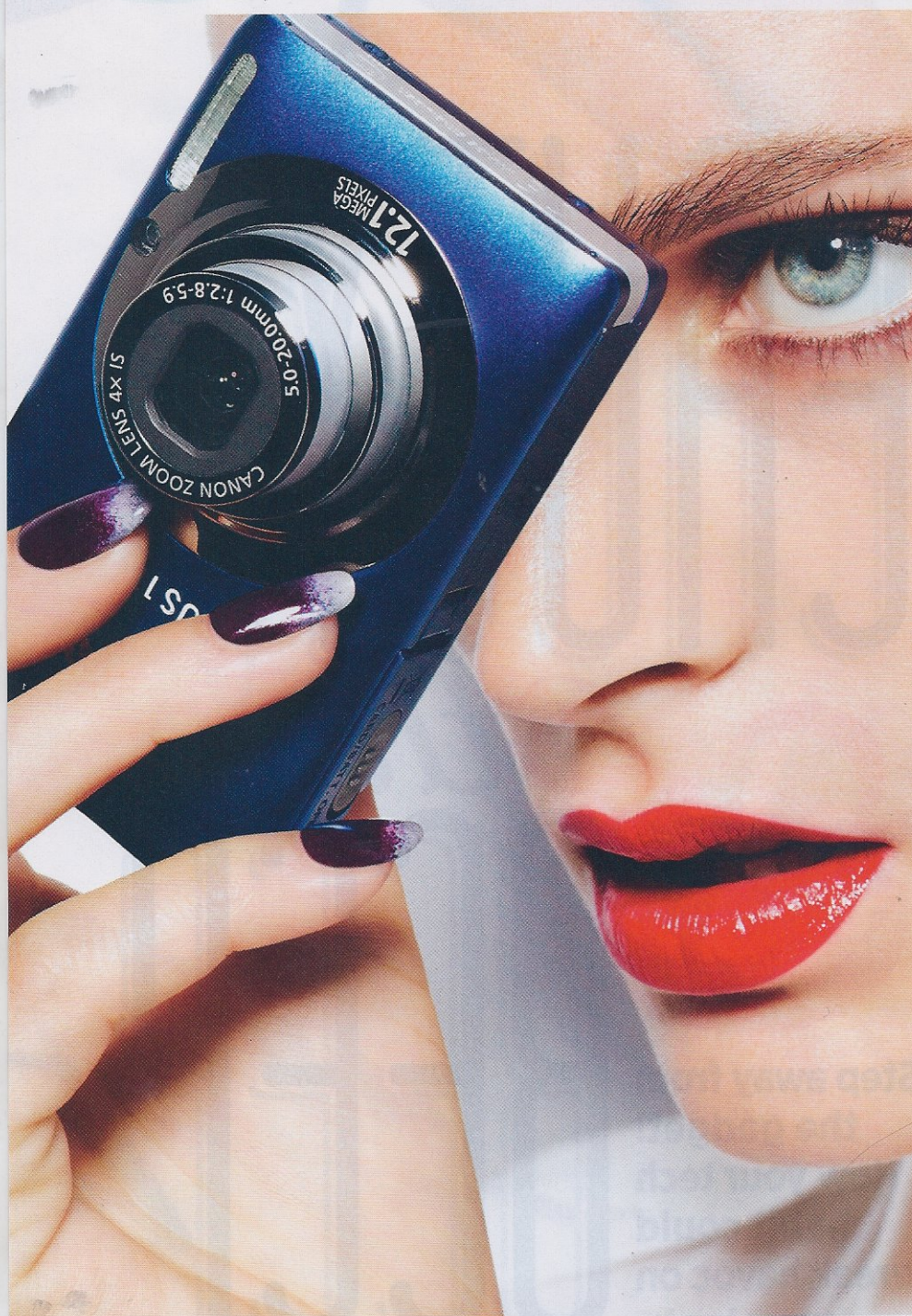


BEAUTY & the BEEP

**Step away from
the gadget!
How your tech
habit could
wreak havoc on
your looks**

If you're one of the 48% of women who would rather give up sex than your phone, you could be exposing yourself to a whole new world of beauty woes. Spotty skin, poor-quality sleep and split nails are just a few of the too-much-screen-time symptoms. Want to know how to avoid them? Scroll down...




DIRTY TALK

You have your phone glued to your ear as much as Miley Cyrus has her tongue out, but do you ever consider the dirt and bacteria it collects? (Your phone, not Miley's tongue). A recent study revealed that 92% of tested phones had bacteria on them, with 16% harbouring E. coli (yep, that's faecal bacteria!). As we hold our phones against the area of skin typically affected by adult acne (the lower U of the face), cosmetic dermatologist Dr Sam Bunting warns that long calls could irritate breakouts. "Use antibacterial wipes to keep your phone clean," she says. "Alcohol- and bleach-free ones won't ruin your screen. And use a zit-zapping product that has salicylic acid to control inflamed spots."



GENERATION DESK FACE

Assess your workspace to help prevent jowls. "Sitting for long periods, staring at a screen with your head bent slightly forward, could shorten neck muscles and increase the gravitational pull on the jaw," says beauty guru Jill Zander. Have your screen at eye level to keep your face lifted. Determined to improve your posture? If you've money to spare, **Lumo Back**, £129.95, is a wearable sensor that gently buzzes if you slouch or shift your weight to one side.



TWEET BETWEEN THE LINES

A little test for you: scroll through Twitter for a few minutes... what face are you pulling? "I see younger people with quite severe frown lines these days," says dermatologist Dr Stefanie Williams. "I often wonder if this is connected to an excessive use of gadgets." **Vichy Liftactiv Advanced Filler**, £31, is a new wrinkle fixer, designed to reduce deep vertical lines, using pure retinol combined with a cell-renewing and skin-plumping complex. >



WORK. SLEEP. REPEAT

Partial to a bit of email checking before bed? The light shining on your face is telling your body not to produce melatonin – the hormone that controls your sleep cycle, which is usually triggered by the dark. “A lack of sleep leads to extra adrenalin and cortisol being pumped around your body,” explains sleep specialist Anandi (Thesleepguru.co.uk). “This can have a toxic effect on your system and your skin.”

Deep sleep is also the time your body gets to work repairing itself. Recent tests by Estée Lauder revealed that sleep-deprived people even take longer to recover from sunburn.

So put a bedroom ban in place (ahem... for your laptop, that is) or download f.lux (Justgetflux.com) – an app that automatically dims the bright blue light of your screen in the evening.



Tech control

4 GADGETS OF THE GORGEOUS-GIVING KIND



▶ **June by Netatmo, £79**, is a chic jewel bracelet designed by Camille Toupet (of Louis Vuitton fame). It contains a UV sensor that warns the wearer against dangerous and ageing sun exposure via an app. Stay tuned for its UK launch at Netatmo.com.

▶ Olay has used a high-tech machine to look at the energy inside our skin cells – and, with it, developed its own ‘energising technology’ for the new Regenerist Luminous skincare range, which includes a **Dark Circle Correcting Eye Swirl** and **Skin Tone Perfecting Moisturiser, £29.99 each**.



▶ **Fuse Gelnail Sensational Starter Kit, £35**, comes with a mini speed-dry LED lamp that can be powered by your laptop. Handy! The one-coat, quick-dry polish gives the high-shine finish of a gel mani and stays chip-free for up to five days.



THE BEAUTY TEAM GETS APPY

5 of the best free beautifying apps

Glamzy

“Design your look before it reaches your face. Makeup artists live and die by these cool face charts and now you can select brands, colours and brushes, and get creative!”

Inge, Beauty Director

dye. I rushed the bit where you have to mark the outline of your hair to be recoloured, but it still looked incredibly realistic (and rather lovely). I now want to be a redhead!”

Cassie, Beauty Writer

Daily Water

“Remembering to drink water isn’t as easy as it sounds. This allows you to tick off your eight glasses a day (hot drinks count too), set alarms and chart your progress.”

Bridget, Online Beauty Editor

Colour Genius by L’Oréal Paris

“Take a photo of an item of clothing and this app either matches, blends or clashes a nail polish, eyeshadow palette and lipstick. There’s a page of inspiration too, with catwalk pictures and manicure ideas.”

Lucy, Beauty Intern ♦

7-Min Workout

“An instructor shows you the moves and a visual timer keeps you motivated. The exercises include cardio and strength moves, and there’s scope to add your own fitness levels and goals. Prop your phone at eye level and you’ve got a free personal trainer!”

Kate, Beauty Editor

Hair Colour by Modiface

“Ever wondered if you’d suit a radical hair colour change? This fab app will give you an idea before you reach for the