

FEEL TA T

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Girls might just wanna have less fun if they found out how much it can age them, mess your hair and skin for telltale signs before it's too late, says Olivia Falconer

Caroline Chamberlen

38, is a full-time mother. She lives in Fulham with her husband Julian, who is a wine merchant at Goedhuis.

Where do you go to party?

We go to friends' houses. The last party I went to was the Money-Kyrles' 10th-wedding anniversary in Wiltshire, which was fantastic.

How many nights a week do you go out?

Four, but I always stay in on Mondays and Fridays – they're my detox days.

Cigarette count I smoked until I got pregnant 10 years ago. Now I can't even bear the smell.

What's your poison? A good white burgundy. I drink around 14 glasses of wine a week.

How many hours' sleep a night do you get?

Between three and seven hours. I'm an insomniac.

What's the biggest bender you've ever been on?

Tasmin de Roemer and Justin Packshaw's wedding in Malta last summer. I drank endless glasses of rosé and came home with my arm in a sling.

Who's your partner in crime? My husband Julian, because he's a huge party man.

Hangover food – what do you crave? I'm a big carbohydrate eater. I go for brown bread, bowls of Alpen and a banana smoothie from Fresh & Wild.

And bad beauty habits? I'm quite good when I get home, actually. I tend to go for a pre-emptive strike with Nurofen, and I always have a bath. And I am an obsessive water-drinker – in fact, my doctor told me that I probably drink too much, and I'm sure I'm flushing out a lot of minerals.

What's your quick-fix the morning after?

More pills! I'm a hypochondriac and take hangovers seriously. I take milkthistle, brush my teeth obsessively and use an Oolit tongue-scraper. I use lots of chapstick, and my hairdresser comes to my house to give me a blowdry. I only take baths and never wash my own hair as London water brings out hives on my face.

We sent Caroline to the SK11 counter at Selfridges to have her skin analysed by its hi-tech beauty imaging system (BIS). It takes a photograph of the skin and compares it with data collected from 12,000 women. It analyses lines, wrinkles, skin tone and pores, and determines the biological age of the skin.



The SK11 BIS machine says

Skin texture 28 years old.

Pores Better than normal.

Facial lines 35 years old.

Skin tone Better than normal.

Overall biological age of skin 35 years old

Hair samples were sent for analysis to top New York nutritionist and anti-ageing expert Oz Garcia, whose clients include Kim Cattrall and Hilary Swank.

Oz Garcia says Quitting smoking is the best thing that Caroline could have done. She's saved herself from that jowly, saggy look caused by the destruction of collagen. Drinking wine is fine, but she should switch to red rather than white, as red wine contains resveratrol, a chemical that acts as a cancer blocker and protects against heart disease and high cholesterol. Caroline should keep on taking the milkthistle, as it's a great supplement for helping the liver to function well. Taking Nurofen after a big night is also a good trick, as it's anti-inflammatory. Alcohol swells veins and capillaries and promotes inflammation; the brain swells and is under pressure, which is one of the reasons we get headaches after drinking.

Caroline is approaching a sensitive age group – a hormonal stage in women known as perimenopause, which can start from the age of 35. It's the lead-up to menopause, and the side effects include lifeless hair, lower libido and skin-ageing. Keeping slim may also become more difficult, as the metabolism slows down. Eating carbohydrates to 'soak up' the alcohol releases serotonin, the feel-good brain chemical, but unrefined carbs such as muesli contain a lot of sugar. It would be much better to have a bowl of oatmeal as it is absorbed into the bloodstream more slowly. Caroline's banana smoothie has a high glycemic index, or sugar content, which will contribute to more carbohydrate cravings; she should have a berry smoothie instead. Berries have antioxidants that help slow down ageing.

Caroline's hair indicates that she's a heavy carbohydrate-eater as she has low levels of chromium, a mineral that regulates blood sugar and controls cravings and weight. I recommend she try a lower-carb diet, such as my Look and Feel Fabulous Forever Diet or the South Beach Diet. Both of them advocate eating a lot of fish such as salmon, mackerel and tuna, which contain Omega-3 fats – excellent for improving the quality of skin and hair.

TALKER



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Charlotte Stewart-Brown, 23, is a model and songwriter. She divides her time between her flat in London and her parents' home, Donnington Castle House, in Berkshire.

Where do you go to party? Chinawhite, Boujis, Annabel's, Sketch, Bondai and the bar at Hush. I also go to a lot of charity parties.

How many nights a week do you go out? Four. Thursday is the best night to go out because you get a good crowd. On the weekends I take my friends to my parents' house in the country. We swim, play tennis and get drunk.

Cigarette count On a bad day, about 25, but if I'm not going out, about seven, on average.

What's your poison? Veuve Clicquot vintage champagne. I also usually drink about three bottles of white wine a week.



Charlotte Stewart-Brown

How many hours' sleep a night do you get? I've been an insomniac now for the past nine years – on average I get about four hours' sleep a night. I have weeks when I don't sleep at all – which really works in your favour if you're partying! Friends call me at 2am because they know that I'll be awake and that I'll just hop in a taxi and come out.

What's the biggest bender you've ever been on? Last summer I went to Homelands, the dance-music festival near Winchester. We partied solidly from noon right through until six the following morning. It was hardcore drinking. I don't think I had one glass of water the whole time I was there.

Who's your partner in crime? Jack Freud.

Hangover food – what do you crave? Pizza, Burger King and Coca-Cola – my rescue remedy.

And bad beauty habits? I'm not very good at lining my stomach before I go out drinking, which means I am sick sometimes.

What's your quick-fix the morning after?

I take a sauna for about 45 minutes, then I swim 30 lengths. I put on ESPA's pink mud hair-mask and a deep-pore cleansing mud-mask. I smother my hands with Origins' Calm To Your Senses body cream to hide the nicotine smell on my fingers, put Vaseline on my eyelashes and use Lancôme's Flash Bronzer to restore a healthy glow.

Drinking wine is fine, but switch to red – it helps to prevent heart disease

The SKII BIS machine says

Skin texture 13 years old.

Pores Better than normal.

Facial lines 13 years old.

Skin tone Better than normal.

Overall biological age of skin 13 years old.

Oz Garcia says One of Charlotte's main downfalls is her insomnia. Sleep is a very dynamic period, when the body produces 80 per cent of its growth hormones, so not getting enough definitely speeds up ageing. Getting proper REM (rapid eye movement) is important for brain function and helps our memory. Lack of sleep can even result in weight gain. The ideal amount of sleep is eight to nine hours a night.

Charlotte's hair shows she has deficient magnesium levels. This mineral relaxes the body and would calm her stomach when she's drinking. I suggest Charlotte try taking 1mg of melatonin before she goes to bed, to help regulate her sleep patterns. She could also try taking 20mg of magnesium citrate an hour before going to bed as it promotes deep sleep.

I'm glad to see that Charlotte takes regular saunas. They're a powerful detoxifier and speed up the removal of the metabolic by-products of alcohol and tobacco and toxins from our bodies. Increasing circulation through exercise also improves the skin's condition by bringing blood and oxygen to the surface, giving us that healthy glow.

Charlotte does not have great eating habits after a night of partying. A better breakfast remedy would be an egg-white omelette stuffed with vegetables. Ginger and mint teas are better than colas for settling the stomach.

Anna Boglione, 16, is a student. She lives with her parents, Francesco and Gael Boglione, in Richmond and goes to the Harroldian School.

Where do you go to party? On Thursdays I go to a club night called Gaz's at St Moritz Club, on Wardour Street, which plays a great mixture of rock and blues. My mum used to go when she was young. I'm not allowed to go in term time, though.

How many nights a week do you go out? In the school holidays, usually Thursdays, Fridays and Saturdays. I don't have a curfew, because my parents trust me – and I have a boyfriend to take care of me.

Cigarette count About five roll-ups a day.

What's your poison? Vodka and cranberry juice. How much I drink depends on how much money I've got. I never get so drunk that I fall over or pass out, and I never binge-drink, like many people my age. I can handle quite a lot of alcohol. I'll order about six drinks if I'm out and I usually have one to three glasses of wine every night with dinner.

How many hours' sleep a night do you get? On a normal night, about eight, but when I go out with my friends we sometimes don't get home until about 3am.

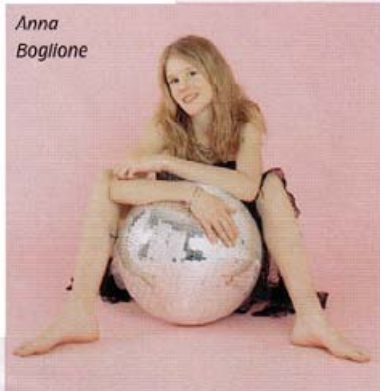
Who's your partner in crime? My older sister Lara. We call ourselves the two-headed monster.

Hangover food – what do you crave? I tend not to eat anything at all – I just drink a lot of water and lie in bed.

And bad beauty habits? I crawl into bed fully dressed, without taking off my make-up or brushing my teeth

What's your quick-fix the morning after?

Clear Blue eye-drops – they sting like hell but make your eyes really clear. And Noa, by Cacharel: I spray it on my hair to disguise the smoky smell. Tom's of Maine natural fennel toothpaste is great for getting rid of any nasty aftertaste. Yves Saint Laurent Touche



Eclat covers up bags under my eyes. And Aveda Paprika Powder restores a healthy glow whenever I look pale and washed-out.

The SKII BIS machine says

Skin texture 15 years old.

Pores Better than average.

Facial lines 19 years old.

Skin tone Better than average.

Overall biological age of skin 19 years old.

Oz Garcia says The biggest concern for Anna is her smoking habit. Smoking and drinking is especially bad for teens, as their tissue is still formative. Teenage tissue holds on to more tobacco by-product than that of adults, causing the DNA mutations that can lead to cancer – on top of which nicotine builds up in fat cells, breaking down precious collagen that keeps skin fresh and young-looking. By not brushing her teeth tobacco residue is left in her mouth, which will destroy her gums, making them bleed and recede, and also increases the likelihood of mouth and throat cancer.

Vitamin C is the number one antioxidant for protecting against the effects of smoking, so she should take 500 to 1,000mg the morning after a party to help repair some of the damage.

Anna has to balance each glass of alcohol with a glass of water. Fiji Water is especially good as

Vitamin C is the number one antioxidant to help repair the damage from smoking

it's high in silica, which helps to build up collagen and promote healthy skin and hair. While she's out, Anna should drink something with a bit of caffeine in it, like Red Bull, as it increases adrenalin, which flushes alcohol through the bloodstream faster.

Anna has to eat on a hangover. Food is an important way to give your body proper nutrients in order for it to heal and repair. Something as light as yoghurt and berries the following day is much better than nothing at all. Active yoghurt contains micro-nutrients, which help the liver to flush out toxins, and berry fruits have phytonutrients, which are key to building up the body's immune system.

Anna's hair biopsy reveals high levels of copper, probably as a result of her party practices, which can indicate pressure on organs or hormone systems. A normal copper level for someone her age should be somewhere between 10 and 41 micrograms; Anna's current levels are 234 micrograms, indicating that she may already have some problems with liver function.

Anna has youth on her side now, but her body is adding up the damage □

Oz Garcia's book, *Look and Feel Fabulous Forever* (£8, HarperCollins), about anti-ageing solutions and nutrition advice, is available now on Amazon. For more information visit ozgarcia.com, or email info@ozgarcia.com.