

# We're oh so tired

*By the end of the year, we're exhausted and running on empty. But, asks Georgia Day, how can we avoid looking it?*

Being tired is an inevitable side effect of a busy life. Indeed, research by Mintel shows that one in three of us admits to being permanently exhausted, while studies by supplement brand Healthspan reveal that 97 per cent of us claim to feel tired all the time. But how can you stop yourself looking as tired as you feel?

The most obvious consequence of being TATT (the acronym doctors use for tired all the time) is subpar skin; dark circles and a grey, dehydrated complexion. "Around a third of women who come to me want to look less tired," says facialist Sarah Chapman. Like many skincare specialists, she believes in the power of vitamin C, used topically and orally: "It's a well-known brightening ingredient and a powerful antioxidant for skin. Internally, it works to support the immune system, increase iron absorption and reduce signs of tiredness." As well as being the star ingredient of Givenchy's new anti-fatigue range, you'll find it in several of Chapman's skincare formulas, most notably the intensive, 10-day Radiance Recharge System. Another advocate of fast-tracked facial restoration is FaceGym, the "skin workout" studio that uses facial massage to perk up dull complexions. Its newest innovation, Skin IV, consists of a vitamin, collagen, mineral and hyaluronic acid mixture that is blasted with cold oxygen over the skin.

Dietary changes can help improve energy levels, as well as how you look. "Not a day goes by without me seeing someone who has sub-optimal levels of vitamin B12," says Dr Rangan Chatterjee, GP and author. "It's critical for energy, but in pill form relies on absorption in the gut, something that's not

always easy to achieve with our rushed lives." Try sucking on B12 lozenges instead for absorption through the mouth. "I also advise my patients to think about *when* they eat," he says. Eating all meals within a 10- to 12-hour window will keep night-time blood-sugar levels stable and sleep uninterrupted.

Aesthetic procedures could help, too. "As you age," reveals Dr Sarah Tonks, an aesthetic physician based at the D Thomas Clinic, Knightsbridge, "you lose volume around cheekbones, eyebrows and tear troughs. It's these subtle cues that are markers of tiredness." The solution is a hyaluronic-acid filler, but placement is key: "You can't just treat the hollow tear trough itself, you need to treat the cheek area too to maintain balance in the face."

For a more temporary fatigue fix, delve into your make-up bag. "Just work with it," declares Terry Barber, director of make-up artistry at Mac Cosmetics. "A tired eye can have a cool slept-in smokiness if you just add a bit of dark eyeshadow." Quick, someone pass me the kohl. ■



## Fake it till you make it

Estée Lauder Revitalizing Supreme + Global Anti-Aging Wake Up Balm, £48

This Works Sleep Power Recharge Mask, £32

The Ordinary Caffeine Solution 5% + EGCG, £6

Alexandra Soveral Awaken Cleanser, £45

Sarah Chapman Skinesis 10-day Radiance Recharge System, £145

Tan-Luxe The Face Anti-Age Rejuvenating Self-Tan Drops, £39

Ren Wake Wonderful Night Time Facial, £34

Mac Cosmetics Eye Shadow in Carbon, £14

Givenchy Anti-Fatigue Pearly Gloxe Lotion, £37