



Natura Bisse  
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## A power of good

Cures come in many forms – including restorative skin serums



I have a terrible confession to make: I've never really understood the difference between a moisturiser and a serum. I know I'm supposed to; but really, it's not at all clear, is it? Is a serum just a beauty bolt-on, a nice but not essential addition to your routine; or is it a vital part of the process? I've always slightly felt that a serum is just one extra bottle I can live without. Then I tried **Natura Bissé's** the Cure.

I began using it because I was recently hospitalised with acute tonsillitis, and came home looking approximately 193 years old. My skin was in dire need of a boost, and the Cure Pure Serum sounded suitably medicinal. Since I was packing for a week in Scotland (always a wise

choice when suffering from a throat infection), I slung it in the washbag in the desperate hope that it might make a difference.

The weather in Scotland was predictably foul, and my throat predictably troublesome, but the extraordinary thing was my skin. I know the moist Hebridean air is supposed to work wonders for the complexion, but this was special. My skin looked bright and dewy and, yes, perhaps even a little bit lifted. One of our holiday companions even commented (albeit in his cups, but a compliment's a compliment even if the speaker has consumed a decent quantity of single malt) that I looked astonishingly good for a person on two types of strong antibiotics and assorted painkillers.

Why, then, was the serum so much more effective than the moisturiser? Well, serums contain higher concentrations of key ingredients than creams, and are designed to boost your existing regime. The idea is that you use them on top of your normal moisturiser to perk up dull, dehydrated skin. This makes them ideal for this time of year, when the weather starts to get nippy, your tan starts to fade and your complexion has to deal with constant changes in temperature and humidity.



Back home, I perused the sleeve notes for the Cure Pure Serum. I can't pretend to understand the half of it (I have a vague idea of the general nature of a peptide, but as to the other ingredients – chiefly Sirtuin 1 and Sirtuin 3 and *Fermentus Glaciarum* extract – your guess is as good as mine); suffice to say that the stuff genuinely worked. There is just one snag: it costs £225 – from Harrods (naturally) or Space NK.

A reliable, cheaper alternative (although not new) is SkinCeuticals Hydrating B5 Gel (from £32 at [www.skinceuticals.co.uk](http://www.skinceuticals.co.uk)). SkinCeuticals is popular with dermatologists and cosmetic surgeons, and the B5 Gel is incredibly rich in hyaluronic acid and, as the name suggests, B5 complex vitamins. It is often prescribed post-operatively to patients undergoing minor cosmetic surgery – with excellent skin-soothing and boosting results. ■

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## VANITY FARE

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