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DOES IT WORK? BY ALICE HART-DAVIS

STAR RATING ★★★★★

Pro-Ferm protective day cream, £65, with **Pro-Ferm+** nutritional supplement, £55, from Space NK (spacenk.com)

WHAT DOES IT CLAIM TO DO?

The cream claims to stimulate the skin's own immune system to improve skin texture, by encouraging the activity of collagen-producing fibroblasts. As well as making the skin that bit thicker and more elastic, the cream is particularly hydrating.

WHAT MAKES IT SPECIAL?

The cream is made of a patented molecular complex, Glucaferm. This combines 'beta-glucans', substances that activate the immune cells (the Langerhans cells) in the skin and accelerate tissue repair. The pills, which include spirulina (an alga), vitamins and antioxidant carotenoids, give nutritional back-up.

A DERMATOLOGIST SAYS

The beta-glucans in the cream are mostly hype, though they have been shown to prevent contact dermatitis through calming the Langerhans cells, which can tell when a foreign body is present. I love the idea of combining oral supplements with topical skincare – the carotenoids and the vitamin E are great for skin.

OUR TESTER SAYS

The cream was lovely. It sank into my skin really well and made it feel cosseted. After six weeks it felt springier. My skin also looked lightly tanned, which I later learned was due to the pills' carotenoids.

