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Popping beauty pills:

Putting creams on your skin is only part of the beauty equation. You need to pop the right pills, too. Imedeen (imedeen.co.uk) skincare pills, with plant and marine-based ingredients and vitamins, were the pioneers but now there is Dove Spa (dovespa.co.uk) and PureLogical (purelogical.com), which all boast clinical trials showing their products firm, densify and dewrinkle skin. Another is Archeia Minerals (created by a trichologist and a research biologist; lousy packaging but a great product), though the one that has created the most fuss is Collagen Shots (collagen-shots.com), a powder that you mix and knock back to boost your skin from the inside out. It's too small a company to have forked out for expensive clinical trials, but many, many beauty mavens swear that it has smoothed their skin and even softened their elbows.
