



#SKINSHELFIE

# Dr Rhona Eskander

The award-winning cosmetic dentist and facial aesthetician reveals her ultimate beauty line-up



**THE EXPERT**  
Dr Rhona Eskander, 34, cosmetic dentist and owner of Chelsea Dental Clinic, London

**A typical day:** My alarm goes off at 6.45am and I'll start the day with my morning rituals. First up is my skincare routine, which includes facial massage. Naturally, as a dentist, I also spend time on my teeth. I have bonding and veneers, which need extra care, so I use Pärå toothpaste tabs, TePe interdental brushes and a Waterpik flosser. Next, I'll write in my journal before meditating for 10 minutes using the Calm app. Then it's time for my workout. Exercise is a huge part of my life, and if I don't do it daily, I feel uneasy. I tend to focus on cardio and weight training. I'll have breakfast at work and then my day consists of smile design and facially driven treatments. Every case is individual and bespoke, and involves treatments such as veneers, bonding, whitening and fillers. In the evening, I like to walk home through the parks and connect with nature. For dinner, I have prepared meals by Fresh Fitness Food - I eat according to my macros, set by my trainer, which helps me maintain muscle mass and stay lean. If I cook, it'll be seafood and lots of leafy greens. I like to keep things simple and stick to a Mediterranean diet. I'm always in bed by 10.30pm so I can get eight hours' sleep. In my spare time, I work with a charity that's close to my heart: it's called Health-Point Foundation and is dedicated to people in refugee camps in need of dental care. I'll often visit the camps in Greece to ensure they get treatment.

**Skincare philosophy:** Consistency and patience are key. With most ingredients, you can't expect to see results overnight.

**Skincare non-negotiable:** SPF. I live in London where pollution is rife, so using a sunscreen helps to protect my skin from free radicals and UV rays, which are a leading cause of wrinkles, loss of firmness, dullness and pigmentation.

**Main skincare concern:** Dark circles. I also have sun damage because I never wore SPF when I was younger.

## DAY

### MURAD VITA-C EYES DARK CIRCLE CORRECTOR, £56

This contains a potent dose of vitamin C, a powerhouse ingredient that dials down my dark circles. I love how the light-reflecting micro-minerals instantly brighten the area. I always apply it underneath the lash line along the orbital bone using my ring finger - it's the weakest one and applies just the right amount of pressure.

### GLOSSIER PRIMING MOISTURIZER, £18

Although it's made with a blend of shea and murumuru butters, the formula is incredibly lightweight and melts into my skin. It really delivers on the moisturising front and keeps my skin hydrated so my foundation doesn't go patchy by midday. I love that it gives my complexion a dewy appearance, too.

### HELIOCARE COLOR GELCREAM SPF50, £25

I love this SPF because the coverage is really light, yet it's able to hide imperfections. The formula is enriched with broad spectrum UV filters, and a powerful complex of antioxidants, which help to lessen the appearance of existing wrinkles and prevent the formation of new ones by fighting free radical damage.

## NIGHT

### SUNDAY RILEY BLUE MOON CLEAN-RINSE CLEANSING BALM, £46

I love this brand so much, but this product in particular is a real hero. The buttery balm is made from moringa and cocoa butters and essential oils, so it feels very luxurious and smells heavenly. When it's massaged in, it transforms into a milky texture, which melts away my make-up and SPF while hydrating my skin, too.

### PAULA'S CHOICE RESIST ANTI-AGING CLEAR SKIN HYDRATOR, £33

As well as keeping my skin supple and soft, this non-greasy hydrator helps to reduce the appearance of my pores and smooth my fine lines.

### SUNDAY RILEY LUNA SLEEPING NIGHT OIL, £45

I don't use this every night because it contains retinol and is quite potent, but it works wonders for my skin, helping to keep fine lines at bay. The formula looks quite odd because it's a rich inky blue, (which it gets from an anti-inflammatory ingredient called blue tansy oil) but it blends into my skin seamlessly. When I wake up, I always notice how youthful and luminous my skin looks.

## MAKE-UP

### TOM FORD TRACELESS SOFT MATTE FOUNDATION IN FAWN, £66

Although this is a matte foundation, you don't get that flat, cakey look. Instead, it leaves behind a natural finish with a hint of dewiness. It's on the pricey side, but a little goes a long way, so it lasts for ages.

### GLOSSIER BOY BROW + BROW FLICK DUO, £25

I swear by these two products. I have thick, bushy brows but the Brow Flick detailing pen adds dimension where I have the odd sparse patch, and the Boy Brow mascara grooms hairs so they look neat and tidy.

### BENEFIT THEY'RE REAL! MASCARA, £22.50

I've always had long lashes, so I don't always wear mascara. Having said that, I just love the way this product enhances them. They never look clumpy, just perfectly defined.

## SIGNATURE SCENT

### YSL BEAUTY BLACK OPIUM EAU DE PARFUM SPRAY, £56

I've been wearing this sweet, musky scent for six years now - I love it because it reminds me of my mum. **W1**

AS TOLD TO FERRERA MOURG. ADDITIONAL PHOTOGRAPHY: LAM HEELEY/BENYENWISTE. YSL BLACK OPIUM EAU DE PARFUM AVAILABLE FROM BOOTS. SHELVES COURTESY OF URBAN OUTFITTERS. LAMINGUS COURTESY OF AUGUTER. FLOWERS COURTESY OF MY LADY GARDEN.