



# £10,000 on home yourself look younger?

PROOF YOU CAN LOSE 20 YEARS AT THE FLICK OF A SWITCH



*STILL not convinced that lighting can change how old you look? In a unique experiment, we asked portrait photographer JOHN GODWIN to recreate the different types of light we encounter on a daily basis. He photographed 36-year-old model Jacqueline Bundey in each, and we then asked Harley Street cosmetic dermatologist, Dr Justine Kluk (drjustinekluk.com) to give us her verdict...*

**OUT FOR LUNCH (ABOVE) :** If you want to look your best, pick a table with a white tablecloth and sit opposite a window so natural light comes in and lights you from above, and is simultaneously reflected upwards by the white tablecloth. This lights the features in the same way you might use a make-up highlighter. It's the closest real life gets to being perfectly lit.  
**DR KLUK SAYS:** This is flawless. The cheeks are round, the jawline defined, the laughter lines less pronounced. She could easily be in her early 30s.



**ON THE TRAIN:** Bright light coming in from the windows on either side shows up every wrinkle and pore and creates a harsh line down the middle of the face.  
**DR KLUK SAYS:** The texture of Jacqueline's skin here looks grainy and dry, rather than smooth and dewy. She could easily be around 50 here.



**SITTING IN FRONT OF A WINDOW:** If you have your back to the window with the light streaming in around you, every wrinkle will show up and you will have shadows where you don't want them.  
**DR KLUK SAYS:** This light emphasises the fine lines on her temple and crows' feet. She could easily be a well-preserved 55-year-old in this picture.



**CANDLE-LIT MEAL:** This may be romantic, but this is the effect it will create on your face – casting shadows and highlighting lines.  
**DR KLUK SAYS:** Although the cheeks look youthful, what draws the eye is the neck and décolleté, which look crepey and weathered, like you would see on a 50-year-old.



**IN THE OFFICE:** The light from a computer monitor bounces off flatter areas, such as the forehead and cheekbones, making them look wider.  
**DR KLUK SAYS:** Although the harsh light creates shine, it also gives the skin a smooth, glowing appearance. In this picture I'd guess she was around 35.