

Face the Future

MAGAZINE

ISSUE 10 | AUTUMN 2026

*The Power
Of Medicinal
Mushrooms*

Cosy Collagen
Recipes For
Autumn

THE SUPPLEMENT ISSUE

The Science Of Ageing Well

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A Note From the Editors

Welcome to our very first Supplements Issue.

As always, it's been a busy time at Face the Future HQ. Following recent feedback from our brilliant community, we've grown our catalogue further to support your wellness needs alongside skincare and haircare.

From our early days at the clinic to today, we have always believed that being healthy on the inside helps you achieve better skin on the outside. But we also know that the benefits of adding supplements to your routine span much further than just your skin. Our vision is skincare and self-care for every version of you, and we know that the self-care element of this is becoming more important than ever.

Put simply, we'd all like to live longer and be healthier. We believe that looking after yourself is one of the most powerful investments you can make, helping you become a better version of you. Whether you're a new parent struggling with sleep, navigating perimenopause alongside a

busy lifestyle, or an exercise lover looking to improve performance, there is a supplement regimen for everyone.

Within these pages, we explore the world of supplements today. From longevity and gut health to hydration, hormones, and energy, we aim to help you make informed choices that support your lifestyle.

We hope this issue inspires you and further opens your eyes to how you could boost your supplement game. Here's to living a life full of colour and vitality.

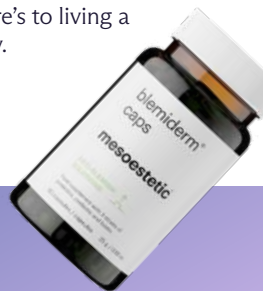
Jessica & Georgia
Editors



Jessica



Georgia



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Please Note: Printed Prices may vary due to relevant offers and promotions.

With any supplement, it's important to seek advice from a healthcare professional if you're pregnant, breastfeeding, taking medication or have an existing medical condition. Always focus on your diet first and look to supplements to supplement any missing areas, seeking professional advice first.



Falling for Ashwagandha

This autumn we've been falling for Ashwagandha, which has become known as a supplement saviour for stress. We all know the effects stress can have on our health: breakouts on the skin, trouble sleeping, racing thoughts, stomach problems and so many more physical and mental tolls. While it takes more than a supplement to help manage stress (think breathwork, grounding, journaling), ashwagandha is known as the natural remedy to help you adapt better to it.

Ashwagandha is a type of adaptogen (AKA a natural plant or mushroom that helps us deal with stress). Our Clinic Manager, Kimberley explains, "I always tell clients that ashwagandha plays the long game. It's not about an instant calm the way some supplements are, it's about steadily

bringing the body's stress response back into balance over a few weeks, and that's exactly the kind of sustained change that benefits your skin too."

So why are we falling for this adaptogen? Improved sleep, mood and resilience to stress? Consider us head over heels. "It helps the body manage stress from the inside, and that calm tends to show up on the outside too," Kimberley explains.

"What I love about ashwagandha is that it isn't a one-trick supplement. It's supporting sleep, mood and resilience to stress, and because cortisol plays such a big role in skin health, that wellbeing benefit often translates into a visible glow." Kimberley's advice? Give it six to eight consistent weeks of this one for the best results.

Our Expert's Top Picks



Fushi Organic
Ashwagandha,
£17

Cytoplan Organic
Ashwagandha,
£15.49



Metagenics
Ashwagandha,
£19.99



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Get To Know Now Often Always

Wellness, Without The Guesswork

Blood tests, expert nutrition support and advice made for your actual life. Meet Now Often Always (NOA), the women's health brand making personalised wellbeing feel refreshingly simple.

At Face the Future, we have always believed that self-care should feel personal. Your skin changes. Your lifestyle changes. Your hormones, energy, sleep and stress levels can all shift too (we've all been there). And the noise around well-being can be overwhelming. Well, not with NOA. Consider this carefully tailored women's nutritional advice.

By now, you've probably seen our new partnership announcement. And it's exactly this level of care that makes our collaboration with NOA such a natural fit. As Katie Rose, NOA's Founder, explains,

"We're so aligned on our values. In a world of overwhelming information, especially when it comes to health and wellbeing. The reason why I created NOA was to help women cut through the noise, and a lot of that is through education, which is such a big part of what Face the Future do."

NOA is built around personalised insight. Through blood testing, detailed questionnaires and expert nutritionist-led support, NOA helps women better understand what is happening internally, rather than relying on guesswork. Because while the internet may have plenty to say about which supplement you 'need', it does not know your blood results, lifestyle, symptoms or medical history. NOA does things differently by starting with you.

As Megan Hallet, Head of Nutrition at NOA, explains, “We wanted to quiet the noise [around supplements] and allow our customers to gain clarity but also gain this plan that was just for them, not for their best friend, not for anyone else.”

The NOA Now Plan begins with comprehensive blood testing, exploring markers connected to:

- Nutrients
- Thyroid hormones
- Cholesterol
- Blood sugar
- Liver markers
- Kidney markers

You will also complete a detailed questionnaire, giving the NOA team more context around everything from your family history and lifestyle to any symptoms or points of concern.

From there, Megan or a member of the NOA team brings the information together to create a personalised plan, which can include nutrition, lifestyle and supplement recommendations.

NOA also looks at how you actually feel, not just whether a result sits within a broad normal range. “If you’ve got low-normal levels and you’re still feeling it, we want to take it seriously,” Megan says.

Personalisation is only useful when it can survive a busy Monday morning. As a mum of three, Katie created NOA with real schedules and real women firmly in mind.



Katie, explains, “I am a mum of three, and when I created NOA, I wanted to make sure everything was easy to implement. I don’t have the time to do these 12-step wellness routines, and a lot of women feel they have to live these unattainable lifestyles. Everything that I wanted to do with NOA and all that guidance, I wanted to ensure that we could make it as simple as possible.”

No wellness overhaul.
No copying someone else’s supplement shelf.
Just clear, expert-led guidance designed around what your body needs now with room to change whenever you do.



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BEYOND THE BEAUTY DESK:

Meet Our Supplement Staples

Supplements are a staple in many of our routines here at Face the Future, but we all have different goals and needs that are individual to us that they support. Discover the supplements we carry beyond the beauty desk and into our everyday routines.

Lauren's Supplement Saviour

"I've been using **BetterYou Vitamin D4000 Oral Spray (£9.95)** for over 10 years. I struggle to swallow tablets, so the fact that it is dispensed as a spray is perfect. I take it to support my body because as a Coeliac, I suffer from a lack of vitamin D. I have my scan every year showing that the spray keeps my bones and teeth nice and strong!"

- Lauren, Brand Manager



Paul's Electrolyte Essential

"I go for the **Puresport Ultra Electrolytes Variety Pack (30 Pack, £33)** as I can't decide which is my favourite flavour. I take them every day as I run or train every morning, and as I sweat, I know I'm losing minerals like sodium. These electrolytes help me stay hydrated, so that I can stay focused and energetic throughout the day."

- Paul, Director and Co-owner



Katie's Glow Getter

"I love **Pura Collagen Glow+ Advanced Collagen (£39.99)**! It is tasteless, and you can use it in hot drinks or even in cooking to boost your collagen and protein levels. It also has added vitamins as a bonus, helping support my overall wellbeing as well as keeping my skin glowing."

- Katie, Customer Service Advisor



Oh My, OMeGa:

The Fat Your Body Can't Make

Omega fatty acids are essential fats that our bodies cannot make on their own, so they need to come from our nutrition, either in our diet or supplements. Don't be deterred by the term 'fatty acid', omegas are good for our health and important to our most vital organs.

Our Clinic Manager, Kimberley Medd, explains, "Omega-3s, in particular, play a vital role in supporting our skin barrier, helping to lock in moisture and reduce inflammation to maintain healthy, resilient skin. They also importantly support our heart, brain, eye and joint health, making them an important part of overall wellbeing." So, who would benefit from omega supplements? Anyone who eats little to no oily fish and isn't getting it through their diet can look to a supplement for a source of omega-3.

“ FISH OIL SUPPLEMENTS ARE ONE OF THE **RICHEST SOURCES** OF THE OMEGA-3 FATTY ACIDS EPA AND DHA.

- KIMBERLEY MEDD ”

EPA (eicosapentaenoic acid):

Supports heart health and helps maintain a balanced inflammatory response.

DHA (docosahexaenoic acid):

Supports healthy brain function, memory and vision.



KIMBERLEY'S OMEGA MUST-HAVES:

1. Advanced Nutrition Programme Skin Omega+, **£34**
2. CytoPlan Fish Oil High Potency Omega 3, **£17.99**
3. Nordic Naturals Ultimate Omega 2840mg Lemon, **£34.61**



Hifas da Terra

The Mushroom-Powered Brand Supporting Skin, Energy and Wellbeing

Sophie Barrett, Naturopathic Herbalist and Head of Education at Hifas Da Terra, shares everything you need to know about the brand's hero product, Optimum.

There is growing interest in the idea that healthy skin starts from within. Rather than looking at skin in isolation, the 'beauty from within' concept recognises the relationship between nutrition, digestion, stress, sleep, immunity and the skin. This approach fits well with medicinal mushrooms, because they are constantly being investigated for supporting health and wellbeing.

A perfect example is Optimum by Hifas da Terra - a Vogue and Get the Gloss award-winning beauty and wellness supplement, designed around a holistic approach to skin and wellbeing. Its formulation brings together medicinal mushrooms: Reishi, Cordyceps sinensis and Lion's Mane, algae, marine-collagen, botanicals, probiotics, vitamins and minerals in a daily supplement, focused at supporting six interconnected areas: immunity, vitality and focus, stress and anxiety, sleep, digestion and beauty.

The Science behind Optimum

What makes Optimum interesting from a beauty perspective is that it has been clinically researched for its effects on skin, energy and overall wellbeing.

Women took two capsules of Optimum daily. The study reported significant improvements in several measures of skin appearance, including skin tone evenness, skin elasticity and skin radiance at three and six months.

At three months, 95.24% of participants agreed that Optimum brought them greater wellbeing, while 85.71% reported an overall improvement. The same proportion said they would recommend Optimum to friends.

Sleep and energy were also assessed at three months, 85.71% reported that they felt Optimum helped them sleep better, while 80.95% reported feeling more energetic.

Why mushrooms?

The three mushrooms in Optimum each bring a different profile of bioactive compounds.

1. Reishi has been extensively researched for its antioxidant, inflammatory and immune-modulating properties. These mechanisms are particularly interesting when considering the effects of oxidative and inflammatory stress on healthy ageing and skin.

2. Cordyceps sinensis has a long history of traditional use for vitality and resilience. Modern research has investigated its relationship with energy metabolism, exercise physiology and inflammatory pathways.

3. Lion's Mane has attracted considerable scientific interest for its effects on the nervous system and neuronal signalling, making it particularly relevant to the wider relationship between cognitive wellbeing, stress and healthy ageing.

Optimum combines these mushrooms with marine hydrolysed collagen and elastin, Spirulina and Chlorella, saffron, elderflower, probiotics including Lactobacillus plantarum and Lactobacillus brevis, and selected vitamins and minerals including vitamins C and E, B6, zinc and selenium per two-capsule serving.

Quality is an important consideration when choosing mushroom supplements.

Hifas Quality System provides 360-degree traceability from raw materials through to the finished product, alongside unique extraction technologies designed to concentrate mushroom bioactive compounds.

Optimum represents an interesting intersection between mycology, nutrition and nutricosmetics: a formula designed for not just around how skin looks, but around the wider foundations of wellbeing.

Face the Future also stocks Optimum Men, Mico-Rei, Hifas-Menopause, and the Intimate Health range.



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A Pumpkin-Spiced **KIND OF** **GLOW**

PUMPKIN SPICE

On Ice



PUMPKIN SPICE

Cosied Up



Sip, Spice, Glow.

As we fall into the new season, the unofficial taste of autumn always makes a return. Turn your morning supplement or afternoon coffee into a treat with Autumn's favourite flavour and your daily collagen powder.

Ingredients

- Four pumps of pumpkin spice syrup
- One scoop of **Ancient + Brave True Collagen, £32**
- One espresso shot
- Milk
- Squirty cream
- Cinnamon



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PUMPKIN SPICE

On Ice

1. Start by filling your glass with ice.
2. Pour in your espresso shot.
3. Add in four pumps of pumpkin spice syrup.
4. Pour in milk to $\frac{3}{4}$ of glass and stir.
5. Add in the collagen powder serving and stir.
6. Top with cream and cinnamon.

PUMPKIN SPICE

Cosied Up

1. Add your espresso shot into your mug.
2. Add in four pumps of pumpkin spice syrup.
3. Froth your milk and pour it into your mug.
4. Add in collagen powder serving and stir.
5. Top with cream and cinnamon.

A portrait of Leila Martyn, founder of MyOva. She is a woman with short brown hair and blue eyes, smiling at the camera. She is wearing a white button-down shirt and a red beaded necklace. The background is dark and out of focus. A white text box with an orange border is overlaid on the bottom left of the image.

MyOva Founder Leila Martyn

**On PCOS, Fertility
& Finding Answers**

After being diagnosed with PCOS at 19 and later experiencing six miscarriages, MyOva founder Leila Martyn became determined to find answers beyond the limited support she was offered. What began as a personal journey to better understand her hormones and fertility led to the creation of MyOva, a brand dedicated to helping women with PCOS feel informed, supported and empowered. Here, Leila shares the story behind the brand, the realities of living with PCOS and why better education around women's health has never been more important.

What was the drive behind founding MyOva?

I didn't set out to build a brand, I set out to solve a problem I was living with. I was diagnosed with PCOS at 19 and given almost nothing beyond the diagnosis. In my thirties, I went through six miscarriages and each time was told it was bad luck. I refused to accept that as the answer. I found the evidence behind myo-inositol, couldn't access it in a form I could stick to and then built what I wished had existed.



What do you wish you could tell your younger self in that doctor's office, being offered no roadmap with a life-changing diagnosis of PCOS?

I'd tell her the diagnosis isn't the whole story, even though it feels that way for years. I'd tell her insulin resistance sits underneath most of what she'll struggle with and nobody in that room is going to mention it. I'd tell her to ask more questions than feels comfortable and stop waiting for someone else to hand her a plan. She needed someone to say: this is manageable, but you'll have to become the expert.

PCOS has officially been renamed PMOS - what does that shift mean to you?

It means everything, actually. “Polycystic ovary syndrome” was always a slightly misleading name — it centres cysts on the ovaries, when for so many of us the condition is really insulin resistance and hormonal chaos underneath. That mismatch shaped everything: research focus, treatment options, even how we were taught to understand our own bodies, when the real driver for most of us was metabolic, not anatomical. PMOS, Polyendocrine Metabolic Ovarian Syndrome, actually describes what’s happening in the body, not just one clue on a scan. That’s why this matters to us. Language shapes how seriously a condition is taken. This year, for the first time, we’re marking PMOS Awareness

Month, helping women understand the new name and finally recognise themselves in a description that fits.

What do you wish more people knew about the effects of miscarriage on women?

That it doesn’t end when the loss does. I went through six, one at 18 weeks, and each time was sent home and told to try again, expected to grieve quietly while getting on with life. I wish more people understood that “at least you know you can get pregnant” isn’t comfort, it skips past the loss, as if a future pregnancy cancels it out. Having the baby you wanted also doesn’t mean the trauma and anxiety disappear – you just learn to sit with both the joy and pain simultaneously.



The Rise Of Longevity Supplements

We all want to live longer, right?

When it comes to the new longevity movement taking the wellbeing world by storm, it truly is all about the long term. Extreme biohacking isn't the answer; instead, it's all about daily practice and avoiding the quick fixes. In this article, we'll talk about the pioneering ingredients and methods you need to know about to help you wind back the years and decrease your body's biological age.

What's my *biological age*?

It's hard to know what your biological age is without a whole host of testing, because it basically measures how well your body's cells and organs are functioning compared to how many years you have lived. There are several factors that affect your biological age, including your metabolic health, inflammation, lifestyle habits and body composition.



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NMN

A favourite amongst A-Listers in LA, NMN naturally occurs in our body and supports the creation of NAD. NAD is a molecule that is found in every cell in your body – you can think of it as your body's own battery system. They help to convert food into energy, repair DNA, support healthy cell function and maintain brain health. As we age, our NAD levels naturally decline, so NMN is taken to boost the building blocks your body needs to create NAD.

OUR NMN PICK

Youth & Earth NMN 250mg
Capsules, £24.99



Alpha-Lipoic Acid (ALA)

This antioxidant is unlike other antioxidants as it can support the regeneration of other antioxidants your body needs to stay healthy, such as vitamins C and E. We produce small amounts of ALA naturally, but it is also found in spinach, broccoli and red meat. Similar to NAD, it helps your body produce energy and protects cells from damage.

OUR ALA PICK

Terranova Alpha Lipoic Acid
300mg, £21.35



CoQ10

Another compound that is naturally found in every cell in your body, CoQ10 acts like a vitamin to provide antioxidant protection and helps generate cells in what's known as a 'mitochondria' structure. As well as healthy ageing, research suggests that it might also help with heart health, migraine prevention and exercise performance.

OUR COQ10 PICK

Nordic Naturals CoQ10
Gummies, £23.49





Jess,
FTF HEAD
OF MARKETING
COMMUNICATIONS



Editor Jess' Daily Supplements *That Keep Her Running*

I have always been the type of person who can go through most of the day without craving more than a few sips of water, instead choosing to 'hydrate' through my morning coffee rituals and pre-meeting cups of tea in the office - not recommended. But when I started running regularly last year, I knew I had to take hydration more seriously to improve my performance and keep my body ticking as the kilometres accumulated.

This became even more important when the summer heat rolled in and my regular runs left me questioning why I had started doing this in the first place - something every runner ponders from time to time, I've been told. If it wasn't for the supplement routine I introduced after realising my body needed more support, I'm not sure I would have kept up with my running to this day.

We all know cardio offers countless benefits, but if you're not recovering effectively, it can lead to fatigue, elevated

cortisol levels, and muscle breakdown. Here's a rundown of the supplements I take every day to help keep my body strong, recovered, and ready to race.



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Humantra

Black Cherry Electrolyte Powder, £28

I add one sachet of this to my 1-litre water bottle with ice every morning, and it has completely transformed my daily water intake habits. Not only does it taste amazing, but it keeps my body hydrated throughout the day with 6 essential electrolytes for full-spectrum support.



KIKI Health

NMN 60 Vegicaps, £45

A new supplement taking the longevity movement by storm, NMN is derived from Vitamin B3 and designed to support cellular energy and renewal. I've been taking one every morning before breakfast, and I've noticed I have more energy throughout the day with no 3 pm slump.

ARTAH

Essential Creatine, £28

I add a big scoop of this into a post-run smoothie to help my body recover. Creatine reduces muscle cell damage and inflammation and is great for those runs where you've pushed your body further than normal.



Which Supplements Format Is Right For You?

Struggle to stay consistent with your supplements? The right format could make all the difference. From capsules and powders to gummies and liquids, discover the different ways you can take your supplements with our quick and easy guide.

Format	Best For	Benefits	Considerations
Tablets	Everyday vitamins and minerals	Affordable, precise dosing, long shelf life	Can be difficult for some people to swallow
Capsules	Herbal supplements, probiotics and specialist formulas	Easy to swallow and often contain fewer additives	Typically more expensive than tablets
Softgels	Oil-based nutrients such as omega-3 and vitamin D	Smooth, easy to take and ideal for fat-soluble ingredients	Not suitable for all supplement types
Powders	Protein, collagen, creatine and hydration products	Flexible dosing and easy to add to drinks or smoothies	Less convenient when travelling
Liquids	Vitamins, minerals and botanical extracts	Simple to take and suitable for those who dislike pills	Can have a shorter shelf life once opened
Liposomal	Nutrients where absorption is a priority	Designed to enhance nutrient delivery and uptake	Often comes at a premium price point
Gummies	Daily wellness supplements	Convenient, enjoyable and easy to incorporate into a routine	May contain added sugars and lower nutrient doses
Chewables & Effervescent	Vitamin C and electrolyte supplements	No need to swallow pills and often offer a refreshing way to supplement	May contain flavourings or sweeteners
Sachets & Stick Packs	On-the-go nutrition and hydration	Portable, pre-portioned and travel-friendly	Can create more packaging waste



The 101 On Electrolytes

Founder of Now Often Always, Katie Rose, shares everything you need to know about the hydration hero everyone's talking about.

What are electrolytes?

Electrolytes are minerals that carry an electrical charge once dissolved in fluid, and your body relies on them to keep basic functions ticking over. The main ones are sodium, potassium, magnesium, calcium and chloride.

How do electrolytes work in the body?

Electrolytes control fluid balance, so they determine how much water sits inside your cells versus outside them. Sodium and potassium also generate the electrical signals that let your nerves fire and your muscles contract, including your heart. Magnesium and calcium play a part in that muscle function too, alongside energy production and bone health.

What are signs that you need electrolytes?

Cramping is usually the first thing people notice, along with a headache that won't shift or a wave of fatigue that doesn't match how much you've actually done. You might feel light-headed when you stand up, unusually thirsty, or just a bit foggy and off. These signs tend to show up after you've lost a lot of fluid through sweat, so think heavy exercise, heat, or a stomach bug.

Is it bad to take electrolytes if you don't need them? Should 'normal' people be taking them daily?

Not bad exactly, but not necessary either. If you're at your desk for most of the day, your body is managing its own fluid and mineral balance perfectly well without help. Where electrolytes earn their place is on the days you're genuinely losing a lot through sweat, so a sauna session or a long run. Travel is the other one worth mentioning, since plenty of women find they feel noticeably better using electrolytes on flight days, even without the sweat trigger.



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PIECING TOGETHER PERIMENOPAUSE WITH

Valerie

In her late thirties, Wizz found herself completely floored by extreme anxiety, heart palpitations, thinning hair and relentless fatigue. She never considered that the source could be linked to her hormones or perimenopause, she barely knew what it was.

A chance meeting with her future co-founder Olly, who was developing a supplement inspired by his mother's menopause experience, led them to create Valerie: simple morning and evening formulas designed to support women through perimenopause and help them feel more like themselves again.

How difficult was it to identify that your symptoms were connected to hormonal changes?

It took a lot of research. As we were developing the brand, I had the benefit of working with professionals and doctors. We worked with a PhD scientist

who helped develop our product and had completed a PhD in female hormone health.

Working with all of these people helped me understand how much of an impact hormones can have on a woman's life.

Many women ignore it for years until they reach a real breaking point. I hear from a lot of our customers that it has taken them three to five years to identify perimenopause. Once they finally recognise it, they look back and realise



Wizz Selvey,
Co-Founder



**Valerie
Daily Essential
Supplement
Drink, £49**

it started years earlier. It was gradual and involved different symptoms at different times. It can feel like piecing together a jigsaw when half of the pieces are missing.

How would you explain perimenopause?

The simplest way to describe it is reverse puberty. Some months we're releasing eggs and other months we're not, so the body becomes confused. They might experience increased anxiety as progesterone starts to drop. It can be little things, such as not feeling as confident driving at night or doubting yourself in a meeting when you would usually speak up.

Extreme fatigue is another symptom, but women are often at the busiest point of their lives, so they put it down to something else. Hair, skin and nail changes are usually the things that make people start to take notice. Brain fog can have a massive impact, particularly when people are working. Periods can become more irregular, shorter or longer. The period itself might last longer or become heavier, and there can be more pain during menstruation or ovulation.

“THERE ARE SO MANY DIFFERENT ELEMENTS AFFECTING THE BODY, AND THEY CAN BE DIFFERENT FROM WHAT YOUR FRIENDS ARE EXPERIENCING, WHICH MAKES IT HARD TO IDENTIFY.”

How does perimenopause differ from menopause?

A lot of people think menopause refers to the symptoms, such as hot flushes and irregular periods, but the technical term menopause refers to the point 12 months after a woman's last period. Perimenopause can last between four and 12 years. Symptoms can also change over time.

Everything after menopause is post-menopause, and everything before it is perimenopause.

“MENOPAUSE IS ACTUALLY ONLY ONE DAY IN TIME.”

What Is Your Final Piece of Advice for Someone Who Recognises These Symptoms?

Read a book about hormones and start learning. Even if it isn't your hormones now, it will be at some point. Talk to people. People want to know and help.

I speak to a lot of men who have a panicked look on their face because they don't know what is going on. I tell them not to worry because I didn't know anything about it before either. Our generation hasn't been taught about this.

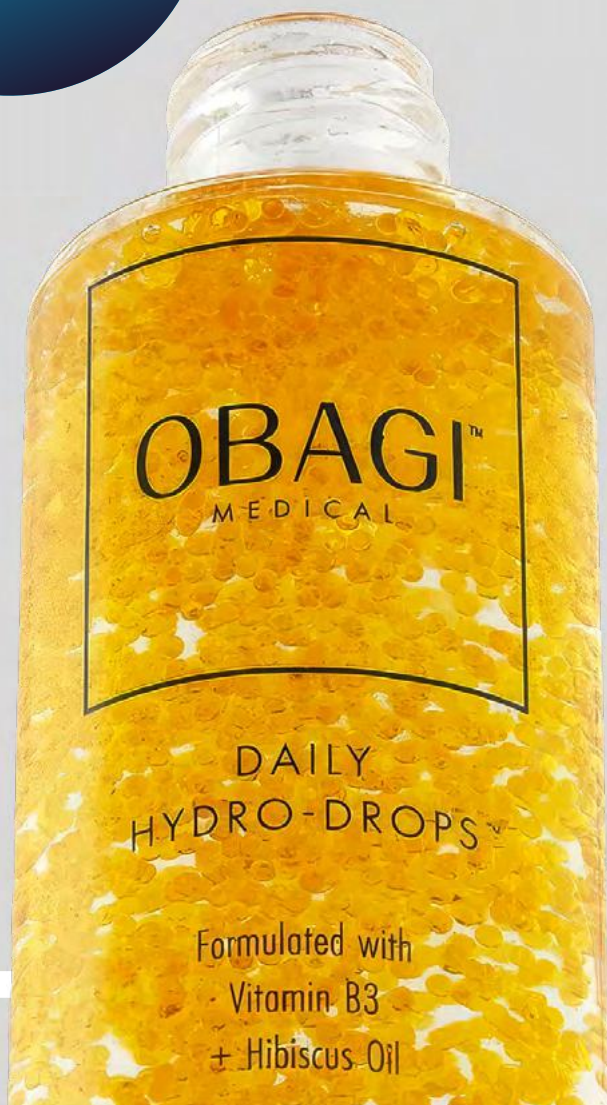
Start talking about it with friends and find out whether there is support available at work. If there isn't, see whether you can help make a change.

Female hormonal changes affect everyone. Men have sisters, partners and colleagues. The more we talk about it, the more we normalise it.



**Scan here
listen to the
podcast**

Skincare
Spotlight



Inside Obagi's Most Intelligent Formulas

We like our skincare with a little more substance. Think clear concentrations, purposeful ingredients and technology that does more than look good on the bottle. AKA the top clinically backed formulas. Obagi brings that clinical confidence with over 35 years of clinically proven results. Pioneering many skincare advances, they were the first medical skincare brand to design clinical research to cover all skin types across the Fitzpatrick skin spectrum. Discover what makes their expertise so important in each and every product...

Our Community's Top Picks

Obagi Professional-C 10% Serum, £125

Meet the Professional-C 10% Serum, formulated with L-Absorbic Acid (known as the purest form of vitamin C) to brighten uneven skin tone and support antioxidant defences. This serum is easily absorbed as it sinks into the skin to improve the appearance of fine lines.



Obagi Hydrate, £65

Hydrate is a daily moisturiser for dry and dehydrated skin. Formulated with Tara Seed Extract, it is clinically proven to improve your skin's moisture retention. Lightweight on the skin, it supports a healthier-looking complexion when you use it consistently in your daily routine.



Our Top Pick

Obagi Daily Hydro-Drops Facial Serum, £100

This innovative serum is powered by Isopentix® Technology, which harnesses Niacinamide alongside Abyssinian and Hibiscus Oils in their purest forms. Working together, they soften fine lines and deliver lasting hydration. This unique formula means that once you dispense the serum and begin massaging it into your face, the suspended oil drops activate and softly infuse into your skin.



Scan here to
shop Obagi



Should Every Woman Be Taking Magnesium?



Guest Writer, Megan Hallett, Registered Nutritional Therapist and Head of Nutrition at NOA

Magnesium has had something of a moment. Scroll almost any wellness corner of the internet, and you will find this supplement recommended for sleep, stress, PMS, migraines and pretty much everything in between. But does that mean every woman should be taking a magnesium supplement? The honest answer is more nuanced than the latest wellness trend might suggest.

What does magnesium actually do?

Magnesium is involved in hundreds of processes throughout the body. It contributes to normal muscle function, helps reduce tiredness, and to normal psychological function, which is part of why it gets so much attention for sleep and mood. It also plays a role in maintaining healthy bones and supporting normal energy metabolism.

Why are so many women low on magnesium?

A few things make magnesium naturally easy for our bodies to fall short on. Modern diets often lean on processed food, which tends to be lower in magnesium than whole foods. Stress can increase how much magnesium our body uses. Hormonal fluctuations throughout the menstrual cycle and during perimenopause can also affect the way women experience symptoms associated with low magnesium levels.

So, should you be taking a magnesium supplement?

Not automatically, and that is worth saying clearly. The best starting point is always food. Leafy greens, nuts, seeds, wholegrains and legumes are all good natural sources, and for a lot of women, improving diet alone makes a noticeable difference. Supplementation can be genuinely useful when there is a nutritional gap to fill, but very high doses, particularly in certain forms, can cause digestive upset, and taking a supplement blindly is rarely as effective as understanding what your body actually needs first.

For those who decide that a supplement is right for them, the **DR.VEGAN Magnesium Supplement (£8.99)** is a straightforward, well-absorbed capsule form.

For those who prefer to build magnesium into a wind-down ritual rather than another pill, the **NEOM Real Luxury Magnesium Body Butter (£40)** is a lovely way to end the day.

Getting A Clearer Picture

Magnesium status is not something a standard blood test measures directly, which is part of why blanket advice online is so unhelpful. What a blood test can do is give you context, such as thyroid function and blood sugar markers, both of which interact with how your body uses magnesium and other nutrients. Speaking to a human nutritionist about your specific symptoms, diet and results will always beat a generic recommendation pulled from the internet, particularly because women's health research is still catching up in a lot of these areas.

So no, not every woman needs a magnesium supplement by default. But if you are one of the many who could genuinely benefit, it is worth finding out properly rather than guessing.



Scan here to learn more about how NOA can offer personalised advice for women



Megan Hallett is a Registered Nutritional Therapist and Head of Nutrition at NOA (Now Often Always), a women's health platform offering personalised blood testing and nutrition support. This article was written for Face the Future as part of NOA's ongoing partnership and is for educational purposes only.

Your Supplement Starter Glossary

Adaptogens

Plant-based ingredients that help your body respond to everyday stressors and support balance.

Amino Acids

The building blocks of protein that support important processes in your body, including muscle health, repair, and recovery.

Antioxidants

Nutrients that help protect your cells from damage and support your body's natural defence system.

Bioavailability

How easily a nutrient can be absorbed and used by the body.

Botanicals

Natural ingredients derived from plants, including herbs, roots, flowers, and seeds, traditionally used for their wellbeing benefits.

Collagen

A naturally occurring protein that helps support skin elasticity, hair, nails, bones, and joints.

Creatine

A naturally occurring compound that helps provide energy to muscles and is commonly used to support strength, performance, and recovery.

Electrolytes

Essential minerals, including sodium, potassium, and magnesium, that help support hydration, muscle function, and energy levels.

Essential Fatty Acids

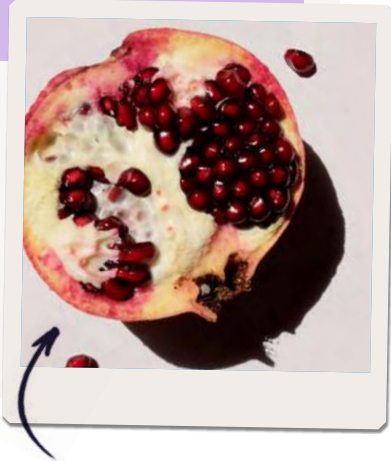
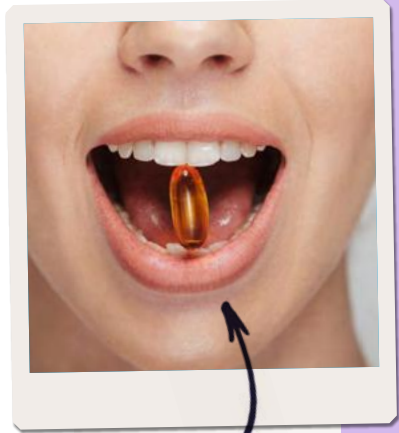
Healthy fats that your body cannot produce itself and must obtain through diet or supplements.

Fat-Soluble Vitamins

Vitamins A, D, E, and K that are absorbed with fats and stored by the body.

Gut Microbiome

The community of microorganisms living in your digestive system that plays an important role in digestion, immunity, and overall wellbeing.



Liposomal

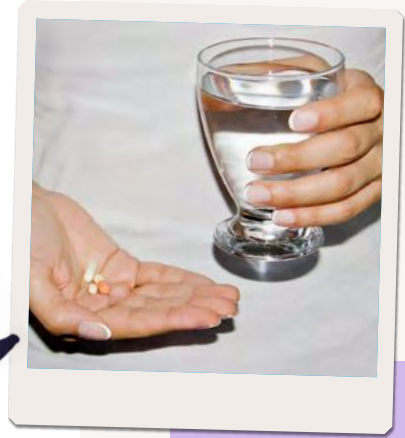
A delivery system that surrounds nutrients in tiny fat-based particles to help improve absorption and how effectively your body can use them.

Minerals

Essential nutrients that support a wide range of bodily functions, including energy, immunity, bones, and muscle health.

Multivitamin

A supplement containing a blend of different vitamins and minerals designed to help support daily nutritional needs.



Nutrients

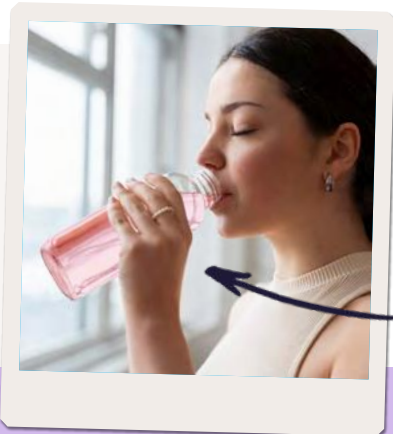
Substances your body needs to function, grow, and maintain health, including vitamins, minerals, proteins, and healthy fats.

Omega-3

Essential fatty acids that support overall health, including heart, brain, and skin health.

Prebiotics

Types of fibre that act as food for beneficial bacteria already living in your gut.



Probiotics

Live microorganisms that help maintain a balanced gut microbiome.

Postbiotics

Compounds created when beneficial bacteria break down food, which may help support gut health.

Protein

An essential nutrient made up of amino acids that helps support muscle maintenance and repair.

Trace Minerals

Minerals needed by your body in smaller amounts, including zinc, selenium, and copper, which support essential functions.

Vitamins

Essential nutrients that help support many processes in your body, including immunity, energy, skin health, and cell function.

Water-Soluble Vitamins

Vitamins, including vitamin C and B vitamins, that dissolve in water and are not stored in large amounts by your body.

Clearer Together:

The Perfect Acne Pairings



Discover expert-picked pairings from our Skin Expert, Suzanne, who matched targeted skincare with supplements designed to support your routine from the inside out.

Biretix Duo Anti-Blemish Gel 30ml, £28

Botanycl SkinClear Elixir Supplement, £27.95



Environ Focus Care Clarity+ Hydroxy Acid Sebu-Lac Lotion, £36

Advanced Nutrition Programme Skin Accumax 60 Capsules, £48

mesoestetic Blemiderm Caps, £51.45

mesoestetic Blemiderm Treatment, £61.45



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