

# COPPER MINING

*Want to test your metal? These creams and serums all contain copper to hydrate, soothe or help repair skin*

**iS Clinical Copper Firming Mist**, £32, from [victoriahealth.com](http://victoriahealth.com). With copper PCA to hydrate the skin

**NIOD (Non-Invasive Options in Dermal Science) Copper Amino Isolate Serum 5%**, £130, exclusive to [victoriahealth.com](http://victoriahealth.com). A super-strength copper peptide serum

**Perricone MD Blue Plasma Cleansing Treatment**, £35, from Space NK. This non-rinse skin cleanser and gentle exfoliant can be simply wiped over your skin and left to dry. It contains copper gluconate for anti-ageing

**Medik8 Firewall**, £58, from [effortlesskin.com](http://effortlesskin.com). A blend of three types of copper and the matrixyl peptide said to stimulate collagen synthesis and skin repair

**Omorovicza Copper Peel**, £26.66, from QVC. A two-phase peel rich in copper gluconate



**La Roche-Posay Cicaplast Baume B5**, £16, from Boots. A soothing and repairing balm with copper gluconate

**Illuminage Skin Rejuvenating Pillowcase**, £50, from Space NK. Releases copper ions into your skin as you sleep

**Bioderma Sébium H2O**, £10.20, from Boots. Gentle micellar cleanser with added copper sulphate, associated with wound healing, to tackle skin breakouts and acne

**REN Vita Mineral Daily Supplement Moisturising Cream**, £20, from Marks and Spencer. Contains the ingredient to watch – copper gluconate

**Kiehl's Powerful Wrinkle Reducing Cream**, £42, from Space NK. Featuring the humectant copper PCA

