

BEAUTY CONFIDENCE



with Elsa McAlonan

AT THIS time of the year, we all feel in need of a beauty boost to make us look and feel better. Here, our leading skin and spa experts share their best tips, tricks and product suggestions for beating those January beauty blues ...

THE DOUBLE CLEANSE

CELEBRITY facialist Sarah Chapman, whose clients include Queen Rania of Jordan and actress Naomi Watts, says a great trick for brighter, clearer skin is to massage and apply your cleanser in the bath, over a sink full of hot water, or in a steamy shower.

'Allowing the heat of the steam to open up pores makes a really deep clean,' she explains.

'A deep double cleanse like this, especially after a heavy night, helps to remove all your make-up and grime, allowing skin to fully breathe. Also, be sure to exfoliate twice a week to prevent dull, lifeless skin, which often occurs at this time of year.'

Buy: Skinesis Overnight Exfoliating Booster (£57, SpaceNK), which works while you sleep.



SKIP THE LIP BALM

UNA BRENNAN, facialist to stars including Sienna Miller, Jenni Falconer and Laura Bailey, advises using a treatment lip cream instead of a lip balm for three weeks, applied morning and night.

'During the day for the whole three weeks, apply nothing else to your lips, no matter how desperately you might want to, and avoid even licking your lips,' she cautions.

'Every third night, brush your lips in gentle circular motions with a soft bristle toothbrush before applying the lip cream.'

'Although your lips will become so much drier during this time, even cracked, by the end of the three weeks you will never suffer from dry lips again.'

Buy: La Roche-Posay Ceralip Lip Repair Cream (£6.15, escentual.com).



LEARN HOW TO DO FACIAL MASSAGE

FACIALIST Georgia Louise, who is famous for her bespoke facials, is a great believer in facial massage. Her technique is guaranteed to bring the bloom back to the most jaded complexion.

'Start by pinching the skin, using your finger and thumb lightly, but with enough strength to stimulate the circulation and cause a slight change in colour,' she says. 'Begin at the forehead and then gently pinch along the eyebrows, cheeks and jaw line down to the neck for 60 seconds.'

'Next, using three pumps of a powerful anti-ageing serum added to the palms of



motion. Start from your forehead and go all the way down to your neck. Repeat three times and follow with eye cream and moisturiser.'

Buy: L'Oreal Youth Code Luminize Serum (£24.99, Boots), which is packed with vitamin C.

TRY BODY BRUSHING

THERE'S nothing more effective than body brushing to get rid of old, dry skin cells and boost circulation, but for best results it pays to know how to do it like a professional.

Noella Gabriel, director of product development at Elemis, suggests lightly brushing your body before stepping into the bath.



upward direction towards the heart,' she says. 'Move on to the arms, including the tummy and back. Do not brush over the face and chest but finish on the neck and scalp.'

Buy: Elemis Skin Brush (£18.40, timetospa.co.uk), a cactus-bristle brush that stimulates circulation.

MAKE A KITCHEN CUPBOARD FACE MASK

FIONA Brackenbury, head of training for Decleor, suggests giving dry, parched skin a boost by making your own facial mask using ingredients from the kitchen.



which is packed full of vitamins and essential fatty acids perfect for softening, smoothing the skin,' she explains. 'You could also add some honey to give intensive moisturising.'

'It helps if you apply your mask while relaxing in the bath. The steam will open the pores and aid penetration of the facial mask.'

And if you simply can't be bothered ...

Buy: Decleor Aroma Purete Instant Purifying Mask (£22, decleor.co.uk).

TREAT YOURSELF A HIGH-TECH FACIAL

Winter SKIN fixers

