



## 9 SHELL OUT ON COCONUT

Coconut water contains high levels of the electrolyte potassium, which acts like a key opening up the cell membrane, maximising hydration and nutrition faster than just water. Vita Coco, £1.49, has reported a 600 per cent jump in sales, thanks to its popularity with A-listers such as Madonna and Demi Moore. However, when applied topically, coconut oil, which has strong antibacterial properties, is absorbed into the skin faster than other oils. Beauty brand Super claims that using its coconut-infused Hyper Hydrator Daily Moisturiser, £29.50, for four weeks will clear 95 per cent of skin infections believed to exacerbate eczema.

## 11 GET HOT AND STEAMY

Dry air caused by central heating can ravage skin, so sleep with a humidifier in the room – try NScesity's Warm Mist Humidifier, £40, from Boots. It will work wonders to plump up lined skin and ease eczema.

## 12 USE ALCOHOL-FREE SCENT

'Alcohol can have a drying effect on the skin,' says fragrance guru Roja Dove. 'People with sensitive skin should try perfumes based on essential oils or alcohol-free versions.' Try Clarins Eau de Jardins, £28.50, or Organic Glam Oud, £119.95. Fragranced oils are another great alternative. Jo Malone Bath Oils, £38, and Bobbi Brown Beach Oil, £21, give an instant fragrance boost.

## 10 WATCH YOUR WORKOUTS

You thought exercise just left you with a rosy glow, right? Wrong. 'Sweating leaves a layer of salt on the skin, creating tightness, itching, redness and fine lines,' says Rachel Simmonds, skincare trainer at La Prairie. Sarah Chapman, facialist to sports obsessive Gabby Logan, suggests cleansing with a gentle oil that won't strip the skin and also re-moisturising at least 30 minutes after your workout. Try Skinesis Ultimate Cleanse, £40.

### Top Tip

✦ Fabric friction can also dry out and irritate skin. Technical brand Proskin has invented ingenious Slim Leggings, £50, which contain fatty acids and vitamin E to hydrate and nurture skin during your gym sesh.

## 13 MOISTURE-BOOST YOUR MAKE-UP

Dry skin can make you look like the morning after without having had the fun night before. For an instant moisture boost with benefits, try these new miracle make-up products with added skin-soaking ingredients:

- ✦ Lancôme Teint Miracle Foundation, £26, has Lancôme's highest-ever water content for instant hydration.
- ✦ Dior Forever Flawless Perfection Fusion Wear Make-Up, £29.50, leaves skin matte yet glowing.
- ✦ Clinique Moisture Surge Tinted Moisturiser SPF15, £21, delivers an intense boost of moisture.
- ✦ Sisley Skinleya High-Precision Foundation, £110, contains powerful bio-glycerins, making it one of the most hydrating bases on the market.
- ✦ Givenchy Hydrasparkling Magic Lip & Cheek Balm, £20.50, combines hyaluronic acid with light-reflective particles for a luminous dewy glow.
- ✦ BareMinerals Foundation, £24, is formulated without parabens, talc or fillers – the baddies that dehydrate skin.