

SPRING GLEAM



Your ultimate Easter treat?
Pamper yourself with my easy DIY facial

1 CLEANSE

Massage a cleansing cream into your face, neck and décolletage and remove with a warm, damp muslin cloth. I love **Emma Hardie Amazing Face Cleansing Balm** (1, £30, tel: 01923 839505) and **Dual Action Cleansing Cloths** (4, £10 for three). Or try **Neal's Yard Remedies Power Berry Facial Wash** (£14.50, tel: 0845 262 3145) if you have oily skin.

2 STEAM AND EXFOLIATE

Add a few drops of lavender oil to a bowl of hot water – I like **Jurlique Pure Essential Oil** (5, £20, jurlique.co.uk). Cover your head with a towel and inhale deeply for a few minutes. Next, apply a light exfoliant such as **Kate Somerville ExfoliKate Gentle** (3, £60, from spacenk.co.uk) and leave for two minutes before removing with a cloth.

3 HYDRATE WITH A MASK

Apply the mask generously to your face and neck and leave for ten minutes (or according to instructions) before removing with a cloth. My favourite is **Estée Lauder Stress Relief Face Masks** (6, £25.50 for six, esteelauder.co.uk).

4 TONE AND REFRESH

Spritz with an alcohol-free toner such as **Liz Earle Instant Boost Skin Tonic** (7, £4.75, lizearle.com) or, if your skin is particularly oily, try **Weleda Wild Rose Facial Toner** (£8.95, weleda.co.uk).

5 MOISTURISE

Finish with a night cream – I like **Nivea Q10 Anti-Wrinkle Night Care** (£11.75, available nationwide) and **Sarah Chapman Skinesis Overnight Facial** (£42, from spacenk.co.uk) – or a moisturiser with SPF for day. **Chanel Ultra Correction Lift Day Fluid SPF15** (£82, tel: 020 7493 3836) is fabulous.

My secret

Eyeslides gel pads will cool and refresh your eyes and don't need to be kept in the fridge (2, £14.99, from thepromakeupshop.com).
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