



Beauty Sarah Vine

The skiing survival kit

Post-piste treatments for stressed skin and aching muscles



If I had to choose between a winter holiday in the Caribbean and a week's skiing, I would go for the latter, every time. I would always much rather be drinking hot chocolate on top of the world than picking sand out of sandwiches and worrying about my cellulite.

This year, for the first time since the birth of our eldest (nine years ago, eek), we went skiing. Snow, fresh air and cooked cheese: what better way to spend a week in January?

First into the holiday wash bag was my trusty Sarah Chapman Overnight Facial oil (£45; sarahchapman.net). I love skiing, but it doesn't half mess up your skin. Nothing quite beats this product in terms of all-round soothing, repairing performance, from the wonderful aroma to the just-right texture to

the rich, emollient effects. Underneath, either Chapman's Intense Hydrating Booster (£57) or SkinCeuticals B₅ Hydrating serum (£59; blissworld.com): both provide an excellent boost to hydration.

On the slopes themselves, a BB cream is ideal, since it will provide a bit of coverage, plus moisture, plus sun protection. My choice was Estée Lauder's DayWear Anti-Oxidant BB Creme SPF35 (£32; esteelauder.co.uk), a brilliant all-rounder which comes in a handy tube – great for taking out on the slopes. Also ever ready in my pocket was Lucas Papaw Ointment (£4.95; pawpawshop.co.uk). This all-purpose balm is brilliant for runny-nosed nippers, chapped lips, foreheads with wind burn and raw knuckles from skiing without gloves (honestly, if only people would listen).

One of the best things about the mountains (apart from carte blanche to eat cake) is the hot bath at the end of the day. If you like an oil, Olverum (£17.95; olverum.com) is the connoisseur's choice, a seriously invigorating blend of eucalyptus, juniper, lavender, pine, rosemary and verbena. It relaxes and revives tired limbs, as well as being wonderfully emollient. I also use it whenever I'm feeling a bit flu-ey.

If you're not keen on an oil, Weleda's Pine Reviving Bath Milk (£10.95; weleda.co.uk) is a more gentle option, suitable also for tired children. For those with aching joints and strained muscles, it's worth packing Nelsons' Arnicare Bath & Massage Balm (£8.49; boots.com): I used this when I tore a calf muscle last year and it worked wonders. Nelsons also does an arnica stick for kids (£5.99): great for bumps and bruises on the nursery slopes.

Last but not least, hair. The woolly hat is no friend to the soignée coiffure: you might as well stick your fingers in a socket. The chemists' shelves are awash with defrizzing products, but my new favourite is a little bit of gorgeousness from Aromatherapy Associates: Enrich Hair Oil (£24; feelunique.com), a light, aromatic blend of essential oils, including ylang-ylang, geranium and rosemary. Use a small amount to keep hair soft and sleek during the day, or overnight as a deeper conditioning treatment. ■

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After-sun



FROM TOP: **Ole Henriksen All Purpose Aloe Vera Gel**, £18 (feelunique.com). **Vitage Skin Calming Aloe Gel**, £14 (cosmeceuticals.co.uk). **Hampton Sun Serious Shimmer Cooling Spray Bronze**, £29 (spacenk.co.uk). **Sisley Sunleya Age Minimizing After-Sun Care**, £132 (020-7591 6380). **Korres Yoghurt Cooling Gel**, £16 (0870 8503868). **PRUE WHITE**