

## expressyourself

**I**F YOU feel your skin, hair and nails are looking a little lacklustre blame the unseasonably chilly weather. Beauty experts agree that the ongoing cold snap will play havoc with your appearance and the after-effects could be as ageing to how you look as wrinkles.

Read on to discover how you can beat the beauty blues and get your glow back.

**NO GLOW ZONE: HAIR**  
"Healthy, shiny hair is a sign of youth," says hair expert Philip Kingsley. "Cold weather conditions can leave locks coarse and dull."

Although it's tempting to try to solve this problem with frizz-fighting products, over-using them often makes the problem worse, says Philip. "Most



smoothing formulas contain silicone because it leaves a silky, sleek coating but over time its residue builds up which leaves hair dull and limp."

**Quick fix:** If needed, detox hair with a clarifying shampoo then use Pureology Cuticle Polisher,

£15.85 (0800 085 4956). When applied to damp or dry hair it's water-based silicone glaze gives instant shine but washes out to avoid build-up.  
**Solve it:** Hair is largely made up of protein so boost glossiness by eating meat, eggs, lentils and

# Get your sparkle back

Beat the cold and look fabulous with **EMMA ROBERTSON'S** top-to-toe beauty advice

cottage cheese, especially at breakfast when energy levels in follicles are lowest.

If you're struggling to get enough protein then try a vegetarian-friendly supplement such as Philip Kingsley PK4Hair, £22 (philipkingsley.co.uk).

### NO GLOW ZONE: EYES

Whether it's from genetics or fatigue, dark circles affect most women at some point. However, one study found cold weather in particular ages a woman's eye area by up to five years.

"Cold weather slows down our circulation and as there are no blood valves under the eyes a build-up of toxins eventually shows up as shadows," explains celebrity facialist Sarah Chapman.

**Quick fix:** Before brightening the area with concealer make-up artists use a peach-toned creamy corrector first because it neutralises discoloration best. Try Bobbi Brown Corrector, £17 (0870 034 2568).

**Solve it:** Topical products such as Sarah Chapman Eye Recovery, £39 (sarahchapman.net) are packed with peptides and can help



kick-start and maintain healthy eye circulation. Lightly drum your finger underneath the eye while applying to manually stimulate drainage.

### NO GLOW ZONE: SKIN

Although experts say it takes two minutes to cleanse the face properly, research shows most women only spend 20 seconds doing it.

"Cell turnover decreases over winter causing a pile-up of dead skin which means the complexion reflects less light," says Sarah.

"If skin isn't cleansed properly a mix of sebum, make-up and pollution residue gets trapped under these cells which dulls the complexion even further."

**Quick fix:** Give skin the kiss of

life with L'Oréal Nude Magique Anti-Dullness CC Cream, £9.99 (boots.com). When applied alone or under foundation its colour-correcting pigments instantly revive lacklustre tones.

**Solve it:** Double cleanse before bedtime and exfoliate regularly. Dr Ferricone's new Blue Plasma, £78 (0800 917 8698) is a non-abrasive exfoliating serum containing enzymes that only target dead cells, making it safe to use daily.



### NO GLOW ZONE: BODY

"Skin on the body has two thirds fewer oil glands than the face," says Fiona Brackenburg, head of training education at Decléor.

"This is why it gets quickly dehydrated and can take on a white, scaly appearance, especially after months of hot soaks and showers"

**Quick fix:** Moisturise with body oils. Their composition is similar to sebum so they sink in deeper than lotions do. Take a shortcut and limit the dehydrating effects

of washing by using Decléor Relaxing Shower Oil, £22.50 (decléor.co.uk) instead.

**Solve it:** Boost your skin's waterproof barrier by increasing your intake of good fats. Viridian Beauty Oil, £9.50 (viridian-nutrition.com) has the perfect blend of omegas 3, 6 and 9 to keep cells healthy. Just take three teaspoons daily in salads or smoothies.



### NO GLOW ZONE: TEETH

"Teeth often look duller after winter simply because a pale complexion creates less of a contrast against pearly whites than tanned skin does," says cosmetic dentist Dr Joe Oliver from The Welbeck Clinic.

Fake tan might work wonders but it's wise to limit exposure to dental stain devils including cigarettes, curry, red wine and tea and coffee to safeguard a snow white smile in every season too.

**Quick fix:** Similar in effect



5 FLAVORS - APPLE GRAPE STRAWBERRY PEACH BLUEBERRY

# Come in from the cold

