

THE SKIN-PERFECTING RULES

- **Clean up your act** It takes at least one whole minute to wash your face properly - yet studies show most of us spend an average of just 20 seconds wiping the slate clean*. Tsk, tsk. "As well as causing breakouts and a dull complexion, residual dirt means serums and moisturisers can't work their magic," says Fiona Brackenbury, Decl or's head of training and education. For a really deep clean, pros use light, circular motions with their fingertips. "Work your cleanser up to the hairline and pay special attention to congested areas such as your nose, chin and forehead," says Fiona. "And always blot dry using a clean flannel rather than a hand towel - they're a breeding ground for bacteria, especially if they're shared." Eek!
- **Keep your cool** Tempted to steam your pores to ease out blackheads? Don't! "Extreme heat creates excess sebum and strains the blood vessels in your face, which can cause broken spider veins," says Gwyneth Paltrow's skin guru, Deborah Mitchell. Instead, gently squeeze blackheads after exercise, when your skin is naturally warmed from the inside. "But don't force it - if they don't surface after three attempts, stop, then try again after two days so you don't do any damage," Deborah adds.
- **Be your own masseuse** "Spa-fresh skin isn't just about the products you use, but the way you use them," says A-list facialist Sarah Chapman. "Facial massage boosts circulation and lymphatic drainage, which flushes out toxins and pumps nutrients to the skin." The result? Firmer, clearer skin in minutes. "When applying products, make circles with your knuckles along the cheekbones, jaw and forehead, then drum your fingers over your face to release toxins. Do each of these for a minute," says Sarah. "This will help to drive the active ingredients deeper into your dermis."

BE YOUR OWN FACIALIST

Who can afford a spa treatment every few weeks? Exactly. But you can get skin to die for the DIY way **By Emma Robertson**

THE HOME-SPA SHOPPING LIST

- All hail the Olay Regenerist 3 Point Super Cleansing System, £39.99. Its spinning brush works cleanser deeply into the skin - in fact, studies show it to be four times more effective than manual cleansing.
- Be a massage pro with the Sarah Chapman Facialift, £25, a hand-held massager that mimics the moves Sarah uses on the likes of Naomi Watts. Roll the nodules over skin for two minutes to de-puff and ramp up radiance.
- Get that post-facial feeling after just 10 minutes with Decl or Hydra Floral Multi-Protection Expert Mask (1), £29.50. It's brimming with hyaluronic acid - a molecule that traps 1,000 times its weight in water - leaving your skin soft and hydrated.
- Facialists love oils as they absorb more easily than moisturisers. Sanctuary Spa Therapist's Secret Facial Oil (2), £17.35, is often found backstage at red-carpet dos to give a last-minute glow.
- Post-pamper, a mist of Liz Earle Instant Boost Skin Tonic Spritzer, £5.50 will cool skin and tighten pores.



Fyi

Essential fatty acids slash the fatty acid span of complexion complaints by keeping cell walls in the skin supple enough to let toxins out and nutrients in. Get a super-high-quality fix by taking Perricone MD Omega 3 Softgels, £31 for a 30-day supply.



THE GLOW-GETTING GUIDE

DAILY

- **Double cleanse** A once-over with an oil cleanser will sweep off grease and make-up - we love Dermalogica Precleanse, £33.20. Follow with Nude Purify Cleansing Wash, £20, for squeaky clean, glowing skin.
- **Time it right** Skin is extra responsive at night, so use a facial oil before bed. Espa Optimal Skin ProSerum (3), £48, contains extract of balloon plant to calm and sunflower seed to prevent moisture loss.



WEEKLY

- **Buff up** Cell renewal takes 10 days longer in an adult's skin than a teenager's - gulp. Speed things up by using an exfoliator containing glycolic acid, a naturally derived ingredient that gobbles up dead cells. Nip + Fab Glycolic Fix Exfoliating Facial Pads, £12.99, will buff and soothe tired skin.
- **Wear layers** Take a cue from the beauty pros, who turbo-boost the effects of a face mask by applying a layer of serum first for extra anti-ageing power. A camera-ready complexion starts with Kiko Perfect Picture Photo Perfect Smoothing Serum, £13.90. **F**