

COLD COMFORT

IN WINTER YOUR SKIN CAN GO CRAZY. INDIA KNIGHT SUGGESTS WAYS TO KEEP IT – AND YOU – SANE



It's that time of year when you give up on any notion of an Indian summer and start actively looking forward to winter. The tights versus bare legs quandary is over, the coats are out, and it's practically your duty to podge up a bit, both for wintry warmth and because lying about in sofa nests is uncomfortable if you're too bony.

That means it's also the season of "face going bonkers". It happens every single year, from round about now until March: the combination of cold air outside and central heating indoors plays havoc with the old complexion. You're hot, you're cold, you're hot, you're cold – and then you go into a department store and start boiling to death.

The other week I wrote about adapting your make-up for the changing seasons, and how it's a nice thing to do. With skincare, it's a must, especially if you do anything that involves stomping about outside for any long periods of time. Odd things start to happen once weather strikes: oily skin starts feeling parched and dehydrated, dry skin starts feeling like actual papyrus, and everybody is slightly chapped and florid in a not-good way.

If you clean your face with something that feels fresh and a bit stripping, desist for now and swap to a cream or balm. You also want to upgrade your moisturiser, because no matter how fantastic your make-up, it needs happy, plumped, well-hydrated skin to sit on. If your skin is extremely dry, I recommend Dr Hauschka Rose Day Cream (£28). Take note, though: this isn't the universal remedy it's often touted to be, as it's too rich for many people. If you're among them, try the brand's Quince Day Cream

(£22), which is excellent and not quite as full-on. If you have combination skin that goes loopy in winter, try its Melissa Day Cream (£25), which will moisturise your face while keeping the oily bits under control. Elsewhere at the natural end of the skincare spectrum, Liz Earle Skin Repair Moisturiser (£19), for normal/combination or dry/sensitive skin, is excellent; if your face is as parched as a desert, try the Superskin moisturiser (£36).

Personally, I like an oil. I know oil upon oil sounds counter-intuitive if you have oily or combo skin, and certainly nothing on earth would persuade me to use one in summer. But with loony-ass winter skin, there's nothing like it, and Vashaily Patel Night Nourisher (£75) is simply the best: you go to bed looking a bit withered and wake up blooming.

Then there is the body. You can't just wrap it in wool and pack it away under thick layers for the winter, hoping for the best. I have two superlative recommendations. One is Cane + Austin Retexturizing Treatment Scrub (£34; spacenk.com), which is designed to work on the face, but which is a one-tube marvel on the body. It has 10% glycolic acid and 5% salicylic acid, which means it eats dead skin, chomp chomp, in one fell swoop. You apply it to dry skin, all over, and shower it off; you emerge from said shower looking quite newborn.

Then, to gild the lily, whack on Sarah Chapman Skinesis Overnight Body Treatment (£49). Sarah Chapman is a well-known facialist and this is like a facial for the body. It's an oil, and it smells unbelievably delicious. Slather it on and go to bed looking as sleek and slippery as a seal, and wake up with lovely skin. The crepier you are, the better it works. ❖

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bodywork

Anyway I can't talk, I'm right in the middle of some collagen stuff

