

Least surprising statistic alert! A recent survey has found that 60 per cent of UK women lack body confidence in the winter, as we tend to take less care of our appearance than at any other time of the year*. And no wonder. Come January, not only are we poorer, fatter and less inclined to do anything that doesn't involve snuggling on the sofa, but beauty routines go out of the window, too. With no urge to slather on body butter in our freezing bathrooms, we start the New Year looking and feeling rubbish. Think dull skin, hairy legs and tired tresses.

But wait! You can actually work this month to your advantage. Extra hours indoors means it's *the* time to get a good routine going. Follow these steps and, by spring, your shiny new self will be good to go.

SHOWER, DON'T SOAK

At this time of year, central heating and cold weather dehydrate skin, so you have to lock in moisture at every opportunity to keep it flake-free. Swap your bath for a shower, as a long soak can strip your body of the much-needed natural oils and elastins that keep skin supple. Then pimp your efforts with the new Nip + Fab Detox Blend Body Wash, £8.99. It contains green tea antioxidants, which reduce any skin inflammation, and glycolic acid to gently buff away dry, dead cells. Plus, the citrus scent and luxuriously thick foam will make cleansing still feel as indulgent as a long, hot bath.

DARE TO BARE

Embrace your empty diary by reducing the amount of make-up you wear. This will let your pores breathe, and it means you can use non-foundation-friendly face oils, usually best left to bedtime, all day long. Great news, as oil sinks deeper into the skin than cream, strengthening the lower dermis and encouraging cell renewal. Our fave is Bamford Botanic Facial Oil (1), £40, which contains evening chamomile, a natural anti-inflammatory that targets redness, and linoleic acid, which treats spots and eczema-prone skin.



BEAUTY SLEEP

Snooze your way stunning with your new body BFF, Sarah Chapman Overnight Body Treatment, £49. Not only does it moisturise skin with argan and baobab essential oils and brighten with plant extract guarana, but it's packed with matrixyl. This is the hottest anti-ageing ingredient in town, as it gets rid of dead skin cells while encouraging collagen production to improve elasticity. After slathering on the treatment all over, treat your tootsies to some TLC by sleeping in Bliss Softening Socks, £36.80. They have a gel liner full of grapeseed and olive oil that soaks into your feet, breaking down hard skin as you get some shut-eye.

MULTITASK PAST MIDNIGHT

Fewer social plans equals more time to spend under the duvet. Make the most of your early nights by layering on pampering products that have heavier, richer consistencies and therefore need longer absorption times. Lacklustre locks? Introduce your hair to Phyto Secret de Nuit (2), £28. It's packed with milk thistle extracts, which are absorbed into the strands, helping to regenerate them and promote shine by plumping the hair from inside. Meanwhile, the macadamia nut oil provides extra moisture for your tresses. There's no need to wash it out in the morning, as it'll sink into your hair completely overnight.



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Dose up on vitamin D

With the sun in short supply this time of year, it's easy to become deficient in this super-nutrient. Top up your levels with Better You DLux3000, £7.95, the first ever vitamin D supplement that you simply spritz into your mouth every morning.

Absorbed far more quickly and efficiently than through a tablet, this hero vitamin spray, which has a subtle peppermint taste, will help protect skin cells from ageing as it stimulates the production of collagen. Plus, it'll boost your immune system and strengthen bones, as it encourages the body to absorb calcium from your diet. What's more, it can help prevent diabetes, high blood pressure and glucose intolerance.

FUTURE BODY FIXES

START A LASER QUEST If you dread the endless waxing appointments that summer brings, then it's time to start laser treatment now. It doesn't work as well when you have a tan, real or faux, because a darker skin surface creates a competing target for the light energy of the laser. Plus, as skin is extra sun-sensitive after treatments, it's best to make the most of January's cloudy days. Want to try it at home? Tria Hair Removal Laser 4X, £375, is the first hand-held cordless hair removal system to use laser technology previously only found in salons. Used once a fortnight, it will slow down the hair-growth cycle, reducing fuzz by 70 per cent after six weeks - and ridding you of all unwanted fluff for good after 90 days.

If you prefer to leave it to the pros, look into Cynosure Elite Hair reduction laser treatment, available at The Private Clinic (prices start from £70). The hi-tech laser works wonders on dark skin tones, which will struggle with at-home treatments.

SORT YOUR CELLULITE Want smooth, orange-peel-free skin by the time bikini season rolls back around? Certain creams can help you out, but only if you use them consistently for around three months and apply them properly, which means you need to get massaging now. We recommend Mama Mio Shrink To Fit Cellulite Smoother (3), £35, which contains two genius ingredients. First up is Adiposlim, a patented lipo-amino acid that's proven to reduce existing cellulite by breaking down fat deposits. It also contains plant extract Adipoless, made from quinoa, which prevents further bumpy bits by boosting the body's lymphatic system, and promoting better drainage of toxins. Oh, and there's a handy guide on the packaging to show you how to apply the products in the direction of blood flow, which will give your lymphatic system even more of a boost. Get ready for hot-pant-ready pins! **F**

