

NOT JUST A PRETTY FACE

Get into a bodycare routine to score flawless skin everywhere, says **Alessandra Steinherr**

The most frequent answers I get to the question, "Do you use a body moisturiser?" are "I have no time" and "I can't be bothered". While the result of my office poll is unscientific, it is a fact that most women don't dedicate much time to their bodycare. "From my experience in my practice, I noticed women who have a super-hydrated face, but much lower hydration levels on the body," says skin ageing expert Dr Marko Lens. "There is a real discrepancy, which shows they are treating their face more than their body." While an out of sight, out of mind approach prevails even more during winter, it pays to get into a body regime now, so come spring you're glowing with head-to-toe show-worthy skin.

THE BARE MINIMUM

"Rather than piling on a heavy cream, which isn't convenient on a daily basis, layer your moisturiser," says beauty therapist Nadiya Bekar Hill. In practice, this means using a rehydrating body wash, followed by a lightweight sink-right-in lotion applied straight out of the shower.

Cleanse Aka-Shiso Reviving Mineral Shower £28 zelens.com – an omega-3 packed wash that leaves skin soft and conditioned.

Hydrate Moisturising Lotion £4.85 E45 – rich enough to be effective, yet so light you can get dressed right away.



THE SECRET WEAPON

Dry-brushing boosts circulation, as well as stimulates the lymphatic drainage, which reduces puffiness.

Body Brush Round
£8 thebodyshop.co.uk



THE SPECIAL EFFECTS

"Add more targeted treatments as needed," says skin therapist Linda Palcic. "These 'extras' address more specific concerns."

Morning Tight & Tone

Body Serum £12 sanctuary.com – slather this super-light gel over arms, tummy and thighs for superior firming thanks to niacinamide and hydractin extracts.

Evening Skinesis Overnight Body Treatment

£49 sarahchapman.net – noticeably improves the look of your skin by making it supple and smooth, courtesy of a cocktail of oils including baobab and a blend of peptides.

Dry Skin SOS Botanic Body Oil

£35 Bamford – loaded with organic nutrients, this luxurious oil penetrates deeply to help even the driest skins.



THE INSTANT BOOSTER

"Instead of exfoliating damp skin, use your scrub before jumping in the shower," says skincare expert Nichola Joss. **Flake Away Body Polish** £7.50 soapandglory.com, buffs thoroughly to make you bump and dry-patch free.

