



TEAR
AND
WEAR

Nº18 THE AT-HOME FACIAL

*Become your own skin pro with our step-by-step guide.
A new glow guaranteed...*

The ingredients



Cleansing brush
Clinique Sonic System Purifying Cleansing Brush, £79



Cleanser
Trilogy Cream Cleanser, £20.25



Cotton pads
The Body Shop Organic Cotton Rounds, £2.50 for 100



Toner
Liz Earle Instant Boost Skin Tonic, £13.25



Face mask
Perricone MD Chloro Plasma Treatment Mask, £67



Treatment
SkinCeuticals Phloretin CF Antioxidant Treatment, £150



Serum
Estée Lauder Advanced Night Repair, £49



Massage tool
Sarah Chapman Facialift, £25



Night cream
Vichy Aqualia Thermal Moisturiser, £16

The directions

- Golden rule:** good skin starts with good cleansing. Splash your face with warm water (not cold, as this will close your pores) and use a deep-cleansing brush and cream-based cleanser to get rid of any oil, dirt and product build-up; a clean canvas will absorb the other products better.
- Move the brush slowly** in small circles, starting from the bottom of your face and moving upwards to help lift your skin. As the brush oscillates, it gently exfoliates and lifts off any dry, dead skin. Wash off any excess cleanser and pat your face dry with a towel.
- Soak a cotton pad** in gentle, alcohol-free toner and sweep it across your T-zone to get rid of any lingering excess oil and minimise pores.
- Apply a thick layer** of the softening mask over your face and neck (avoiding

- the eye area). Leave it on for 10 minutes until the gel turns to a clay texture. Rinse thoroughly with warm water.
- Once dry, pat five drops** of treatment over your skin; this one contains a cocktail of antioxidants to protect your skin from environmental aggressors.
 - Apply two pumps** of hydrating serum to your face; its formula goes deeper into your skin than moisturiser because it has smaller molecules, thus solving skin concerns such as dryness and redness more effectively.
 - Give yourself a five-minute facial massage** using the massage tool to lift your skin and help it absorb products. The pressure and movement of the rollers mimic the techniques used at an in-salon treatment.
 - Finish by applying** a light layer of nourishing night cream.

Substitutions and additions

OILY/PROBLEM SKIN

- SWAP** Face mask for deep-cleansing Kiehl's Rare Earth Pore Cleansing Masque, £21.50.
- SWAP** Night cream for the lighter Vichy Normaderm Night Detox, £15.50, which won't clog pores.

DRY SKIN

- SWAP** Face mask for extra-hydrating Indeede Hydraluron Moisture Boosting Mask, £19.99.
- ADD** Darphin The Revitalizing Oil, £24, as an extra-nourishing final step to your routine.

FINE LINES

- SWAP** Night cream for Thalgo Collagen Cream, £48, which works to smooth wrinkles and plump the skin.
- ADD** YSL Beauty Forever Youth Liberator Y-Shape Crème, £63 – apply to your neck and décolletage.

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