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OFF-DUTY COOL
50 WAYS TO WORK YOUR
WEEKEND WARDROBE

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WINTER BUYS YOU'LL LOVE

new style know-how

classics revamped
+ the latest looks
hot off the runway

winter skin S.O.S.

Restore dry, sensitive skin back to its glowing glory with our guide to staying smooth this season. By Aimée Leabon

press clip



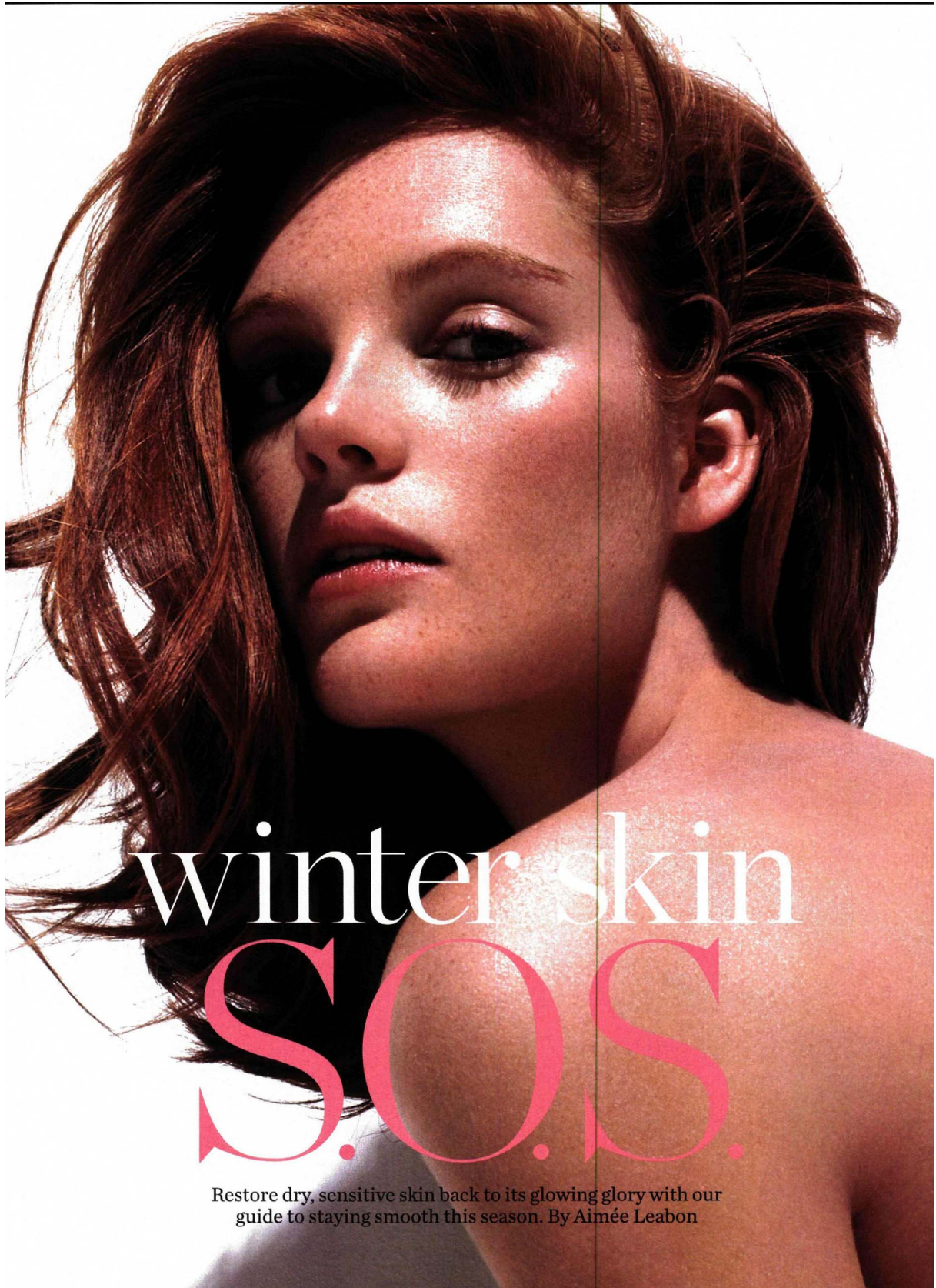
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slice
CUT STRAIGHT TO YOUR NEWS



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COMPLEXION PROTECTION

A dry environment and a drop in temperature can make maintaining a luminous look challenging. The reason? “Our skin barrier becomes stripped of its natural moisture due to wind exposure, central heating and low humidity,” explains Francine Ithier, clinical nurse specialist at Face Plus Medispa in Sydney. “Many skin types, even those who don’t normally suffer from dry skin, often become itchy and flaky due to a loss of lipids [fats] that help hold cells together and prevent water loss.”

Start by clearing your bathroom cabinet of harsh soaps and foaming cleansers and replace them with a gentle cream formula that won’t strip your complexion. We like **Grown Alchemist Olive Leaf & Plantago Extract Facial Cream Cleanser (1)**, \$39.95. Then, slather on a moisture booster that contains essential fatty acids, as “your skin doesn’t produce as much oil in winter”, advises Melanie Grant, clinic director of the Double Bay Clinic in Sydney. She adds, “An oil will trap moisture, creating a stronger barrier.” Try **Philosophy When Hope Is Not Enough Omega 3•6•9 Replenishing Oil (2)**, \$60.

Ithier recommends layering an oil-based cream over your serum to maintain moisture levels throughout the day. **Giorgio Armani Supreme Reviving Cream: Crema Nera Extrema (3)**, \$500, transforms into an oil on contact and contains regenerative technology to boost barrier strength.

“The skin is our first line of defence against the elements. It protects us from toxic parabens and ultraviolet radiation, keeps the body cool and controls water loss to prevent dehydration.”

Francine Ithier, clinical nurse specialist, Face Plus Medispa



targeted treatments

Despite a diligent regimen, your complexion may need extra coddling at times. “Swap clarifying products that draw out oil and moisture for something more hydrating,” advises Grant, and consider a weekly mask to top up moisture levels. Try **Sodashi Plant Essence Replenish Mask (4)**, \$105.60. And don’t forget to nourish the thin skin around your eyes with a rich eye cream, such as **Lancôme Advanced Génifique Yeux Youth Activating Eye Cream (5)**, \$74.

MAKE-UP MUST-HAVES

Add another layer with these moisturising options



Estée Lauder Double Wear All-Day Glow BB Moisture Makeup SPF 30, \$50, provides dewy coverage and a dose of vitamins C and E.



The hydrating gel texture of **By Terry Cellularose Blush Glacé**, \$76, contains phospholipids to quench thirsty skin, while leaving behind a healthy flush of colour.



Protect your pout and add a hint of tint with **Smith's Rose & Mandarin Lip Balm**, \$13.95. This multipurpose buy can also be used on cuticles and dry skin.



BODY GUARD

"We usually notice a few extra dry patches on our legs and around our elbows in winter," points out Ithier. "Oil-based products provide extra hydration, and regular exfoliation will keep skin smooth and supple."

First things first: bathe in balmy water temperatures, as exposure to hot water can cause dry, flaky skin and seasonal flare-ups. Next, stock your shower shelf with barrier-building buys, and swap body washes and gels for cream or milk formulas. Try **Palmolive Naturals Milk & Olive Moisturising Shower Milk (1)**, \$3.99, which boasts 100 per cent natural olive oil.

Limbs looking flaky? Twice a week, give your body a buff with a loofah or a gentle exfoliant, like **Aēsop Geranium Leaf Body Scrub (2)**, \$37, then follow with a body oil, such as **Sunday Riley Juno Body Transformative Body Lipid Serum (3)**, \$150, to seal in moisture.

Grant also suggests investing in a humidifier, which will "add moisture back into the air to counteract air conditioning and central heating".

*Can't be bothered with body lotion?
 "Add a cap of oil to the bath to soften skin while you soak"*

*Melanie Grant, clinic director,
 Double Bay Clinic*

targeted treatments

If you've hit a dry spell, Ithier suggests "layering body moisturiser containing shea butter over a body oil, as shea butter-based creams are highly recommended for their humectant [hydrating] properties". You'll find it in **Origins A Perfect World Intensely Hydrating Body Cream with White Tea (4)**, \$48. Exposure to the elements and environmental factors can wreak havoc on your hands, so keep a nourishing cream, like **Natio Spa Heavenly Hand Cream (5)**, \$9.95, in your bag and apply liberally throughout the day.



NOURISH NATURALLY

Give your barrier function a boost by maintaining a healthy diet. "If you rely on too many stodgy comfort foods, you can miss out on important nutrients for the skin, including vitamin C and omega 3 fats," advises accredited practising dietitian Dr Joanna McMillan. "Fresh vegies, in particular, are host to numerous antioxidants that are essential for healthy skin." Toss vegetables through stir-fries and casseroles, and feast on fresh greens and

fruits, like vitamin C-packed frozen berries. Oily fish produce anti-inflammatory compounds in the body and can be helpful for various skin conditions, while avocado, nuts and seeds provide mono- and polyunsaturated fats beneficial for skin cells. Not a fan of fish? "It's particularly important to take an omega 3 supplement," insists McMillan, so try **Bioglan Calamari Gold 1000mg* (6)**, \$44.95, to up your intake. ■

