Bring weather-beaten WINTER SKIN BACK TO LIFE

FREEZING TEMPERATURES, BITING WINDS AND CENTRAL HEATING COMBINE IN A NASTY COCKTAIL THAT CAN RESULT IN DRY, FLAKY SKIN, A DULL COMPLEXION AND FINE LINES SO BANISH YOUR BEAUTY BLUES WITH THESE SKINCARE SUPERHEROES

BY NATALIE PRIOR

The colder climate can play havoc with our skin – making it dry, sore and irritated. Here are our fail-safe tips for restoring your skin to its natural beauty from top to toe.

FACE

Use a gentle cleanser which won't strip the skin of its natural oils and leave it tight or uncomfortable

- **Try Elemis Nourishing Omega-Rich Cleansing Oil (available from February) – perfect for winter skin as it cleanses without stripping the skin, leaving it hydrated and soft**

Elemis Nourishing Omega-Rich Cleansing Oil
available from February
elemis.com

Superskin Face Serum
RRP £48
uk.lizearle.com

Liz Earle Hand Repair in Rosemary and Rock Rose
RRP £21
uk.lizearle.com

Regular exfoliation helps to slough away dead skin cells, smoothes dry, flaky areas and leaves skin soft and glowing. If you have really sensitive skin use a muslin cloth or soft flannel to gently buff your face instead of a facial scrub

Serums are great for injecting moisture back into your face during the colder winter months

- **Try Liz Earle Superskin Face Serum – this luxurious serum features an expert formula of potent plant extracts which leaves all skin types looking firmer, lifted and radiant**

Dr Hauschka Night Serum
RRP £39 drhauschka.co.uk

Wear an SPF all year around – even when it's cloudy or cold outside your skin can be damaged by UV rays. A weekly face mask can help put the glow back into your complexion.

- **Try Liz Earle Intensive Nourishing Treatment Mask – perfect for dry, stressed or parched skin**

A rich night-time moisturiser combined with a lighter daytime one can do wonders for your skin

- **Try Dr Hauschka Night Serum – oil-free and light, this serum revitalises skin for a fresh, radiant complexion come morning**
- **Try Clinique Superdefense Night Recovery Moisturizer – packed with vitamins C and E, this moisturiser helps fight against the early signs of ageing by warding off damage caused by daily environmental aggressors, revealing hydrated, youthful skin that is ready to face a new day**

Clinique Superdefense Night Recovery Moisturizer
clinique.co.uk

Intensive Nourishing Treatment Mask
RRP £15
uk.lizearle.com

HANDS

The skin on the backs of our hands is very thin and cold winter months, combined with the effects of central heating, can leave them dry and sore. Use a rich, moisturising hand cream morning, noon and night – especially after washing your hands. Look for ones with moisturising ingredients such as cocoa butter and almond oil

- **Try Liz Earle Hand Repair – comes in four different scents and intensively moisturises skin, nails and cuticles**

Use an intensive hand treatment weekly or invest in a cuticle butter to keep your nails in tip-top condition

- **Try Clinique Deep Comfort Hand and Cuticle Cream – this rich, restorative cream with a non-greasy formula wraps skin in instant and comforting hydration for up to 12 hours while improving the condition of cuticles and nails**

Deep Comfort Hand & Cuticle Cream
RRP £18
clinique.co.uk

BODY

Use a body scrub once or twice a week to slough away dry skin – followed by a rich, intensive body butter.

Many eczema sufferers find their symptoms worse during the winter and our skin can dry out when the central heating is turned on. Look for lotions and creams with soothing and cooling ingredients such as rose water and chamomile which calm itchy skin and relieve tightness and discomfort

● Try Liz Earle Superskin Body Cream – an ultra-rich moisturiser so extremely nourishing

Take a dip in a nice warm bath – drop in a moisturising bath bomb or some bath oil and your skin will thank you for it. Don't make the water too warm as hot water strips away the skin's natural oils. After a nice, warm bath try using a body oil which will sink deep into the skin leaving it beautifully soft

● Try Clinique Deep Comfort Body Oil – this lightweight treatment oil instantly conditions, comforts and nourishes with each spray. Ingredients such as jojoba seed oil soothe dry skin, helping restore radiance and delivering a healthy glow

Deep Comfort Body Oil
RRP £25
clinique.co.uk

Liz Earle Superskin Body Cream
RRP £33
uk.lizearle.com