

WINTER BEAUTY SCHOOL IS IN SESSION. THIS SEASON, THE THREE 'R'S OF THE SKINCARE CURRICULUM ARE REPAIR, REPLENISH AND REJUVENATE.

WORDS BY JESSICA RILEY

# winter sos

There are murmurs of the lack of winter in Australia, mainly by those from cooler climes who complain about our undefined seasons and lack of snow on the slopes. My personal barometer says otherwise, with frost toes and scap crawlings indicating the bottom has dropped out of the mercury.

The further evidence lays in my skin, subject to the patching effects of dry wind and indoor heating that mix even the best efforts to put my best face forward. Winter demands a special skincare regimen to combat the cold.

## Repair

Winter is the season of the seal. In healthy skin the top layer (epidermis) has a seal around the cells to trap moisture, known as a barrier function. Dryness, cold and irritating products wreak havoc on this natural function, so you need products to bolster your skin's defences. Using or adding a richer cream or oil into your routine will help to nourish and return your skin back to health.

## Replenish

Winter can wreak havoc on your skin's pH balance so don't assume the products that maintained the status quo over the

harsh summer will cut the mustard in winter.

Whether your skin is sensitive, dry, oily, blemish-prone or combination, re-evaluate what you're working with. Regular exfoliation, balancing and purifying masks and hydrating moisturisers are essential.

Go religious with your eye cream and lip balm during the day and up the ante with daily body hydration. It's all about putting back what your skin's giving out, so replenish supplies!

## Rejuvenate

Winter is the season for richer beauty products that will protect, calm and soothe skin as well as protect against the elements – think of it as a comfort food for your face.

Blood and lymph fluid naturally nourish your skin but in colder weather blood flows less freely, so give your skin extra protection and nourishment to repair skin cells and combat ageing effects.

Don't drop sun protection from your routine and carry a luxurious hand cream in your handbag. Use regenerating day moisturisers and night creams, massaging the skin in a light circular motion to improve circulation and keep the skin's outer layer active and healthy. **bella**



**Pelactiv Precious Oils, \$41** Enriched with vitamins, this mixture of pure, natural oils assists in replenishing and strengthening skin, with a particular nod to problems such as eczema, psoriasis and scarring.

**Lancôme, Hydra Zen NeuroCalm, \$112** The unique NeuroCalm complex and natural plant extracts battle environmental aggressors and deliver intense, long-lasting hydration to skin.

**Thalgo Melt Away Masque Instant Comfort, \$29** This soft-setting mask is rich in vitamins that remineralise and brighten the complexion.

**Palmer's Cocoa Butter Formula Skin Therapy Oil, \$24.95** This non-greasy all-rounder can be used all over the body to improve the appearance of scars, stretch marks, dry and damaged skin, as well as fine lines and wrinkles.

**Ulittlebeauty Drought Relief Hydrating Face Mask, \$29.95** Break the drought with this hydrating treatment mask. It cleanses and tones while replenishing lost moisture.

**Elle Raché Hydra Booster, \$104** This intensive and refreshing morning and night treatment helps replenish lost moisture and give the skin a dewy appearance.

**Natio Moisturising Lip Balm, \$3.95** No more chapped winter lips! This moisturising balm acts as a shield against harmful UV rays and offers super staying power. Vitamin E

refirms, smooths and repairs while Aloe Vera moisturises, conditions and calms.

**Nanovive Skin Revival System Intense Skin Treatment, \$49.95** Time-released essences help the skin repair itself and create a younger-looking appearance. Recommended for rough hands and elbows, calluses and other gritty dry patches.

**La Bioethétique Visurome Sec: Essential Oil for Dry Skin, \$65** This boosts the activity of the sebaceous glands and stimulates the skin's circulation, alleviating tightness caused by dryness and kick-starting the protective hydro-lipid film to promote softer skin.

**Dermalogica Conditioning Body Wash, \$71.50** This rich, lathering soap-free botanical wash won't strip the skin of its natural moisture levels. Nourishing essential oils purify and make bathing or showering an invigorating and aromatic experience.

**Dermalogica Barrier Repair, \$64** A unique waterless moisturiser for sensitised skin, it contains an Anti-Cholate Complex to shield and evening primrose to strengthen the natural lipid barrier.

**Pelactiv Cell Renewal Complex, \$88** This smooth serum delivers pure antioxidants and Australian native plant extracts to help repair, regenerate, strengthen and smooth the skin.