

# THE LOOK



BEAUTY PHYL CLARKE

## BACK TO BASICS

Jump-start your beauty year by reviewing your daily routine and paying more attention to the ritual of cleansing – it's the key to everything that follows.

Your skin will reap more benefits from serums and moisturisers as they'll penetrate more efficiently.

Choose a texture that appeals, and be guided by your skin type: the general rule is the drier your skin, the richer the cleanser.

Functional but effective, **Cetaphil Daily Facial Cleanser** is a no-frills product that does the job thoroughly and is suitable for the most sensitive skins (it was originally formulated by dermatologists).

It is fragrance-free and leaves skin squeaky clean. It costs €14.86 at chemists.

**Emma Hardie Moringa Cleansing Balm** has become a favourite and is especially good in the winter months when most skin

types crave a richer formula. The soft texture and floral aroma comfort and nourish, while effectively removing all traces of the day. It costs €41 at Arnotts, Dublin.

### Shu Uemura Cleansing Oils

The first make-up artist in Hollywood, Uemura, created this cleanser in 1950 to remove the heavy layers of film make-up without damaging the skin. With its silky texture and six formulas for varying skin types, it's a beauty classic, with one sold every 15 seconds worldwide. It costs €34 at Brown Thomas stores.

The pared down ethos of Irish brand **Human+kind** has extended to its new all-in-one **Wash Off Facial Cleanser**. Rich and creamy, it aims to cleanse and exfoliate, leaving skin soft, clear and nourished – not bad for €14.95. Available at health shops.



## FACE FACTS

Doing the wrong thing can certainly speed up your skin's aging process and you might be surprised at what some of those no-nos are. Here are five ways to ensure you continue to put your best face forward, from US dermatologist Dr Tess Mauricio

### Train yourself to sleep on your back

Resting your face on the pillow in the same way every night for years leads to sleep lines, which eventually become etched on the surface of the skin as wrinkles.

### Avoid drinking through straws

Pursing your lips to sip from a straw can cause extra fine lines around the mouth in the long term.

### Pull down the blind on an airplane

You're much closer to the sun in a plane than on land, so it stands to reason that solar rays, which can penetrate windows, are more intense at higher altitudes. If you're sitting next to a window, pull down the blind.

### Maintain a healthy weight

Repeated gaining and losing of weight can take its toll on the skin's elasticity, possibly leaving behind stretch marks and jowls.

Yo-yo dieting can also cause premature aging. Maintain a healthy weight with proper diet and exercise.

Aim to keep your weight in the normal range, with a body mass index of between 18.5 and 24.9.

### Grab a wipe

Clean mobile phones and glasses regularly with anti-bacterial wipes. These can pick up bacteria from various surfaces causing pimples around cheeks and jawline. Try a hands-free phone.

## I CAN'T LIVE WITHOUT...

**Jean Ann Taylor**, head of retail, The Loop, Dublin Airport



**Clarins Instant Eye Make-Up Remover** I couldn't survive without this product. It removes every trace of eye shadow, and even waterproof mascara. It is gentle on the eyes, so never irritates.

**Lancôme Teint Miracle Foundation** This foundation stays on all day. For evenings, I apply the matching primer for a really nice glow and a perfect finish.

**E45 Body Moisturiser** This fragrance-free lotion suits me as I have sensitive, dry skin. It absorbs quickly so I can get dressed straight away.

**Sally Hansen 18-Hour Hand**

**Creme** This is the best hand cream. You only need a small amount and it leaves hands and cuticles so soft.

**Johnson's Baby Shampoo and Conditioner** I've recently rediscovered Johnson's. My mother used this on my hair until I was 16, along with rain water that she collected to make my hair shine. I have spent a fortune on expensive shampoos over the years and I think this is far better than any of them.