



Beauty BEAT

Beauty editor Helen Wright answers your questions

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THE BIG CHILL

In the bleak midwinter, frosty winds may come, so you really need to defend your skin from the cold. But after being in the icy streets, central heating can also dry out your skin and leave it in desperate need of a boost.

FACE THE COLD

Your face is the only part of the body that's completely exposed to the elements, making it the most vulnerable. To prevent your complexion looking dull and washed out, gently exfoliate once a week. **Aloe Gentle Exfoliator, £6.50**, The Body Shop, contains jojoba beads - ideal for providing extremely gentle exfoliation for sensitive skin.

Try not to overuse products that contain alpha-hydroxy acids. They exfoliate the top layer of skin, but leave a fresh layer that has no protection against bitter winter weather. Moisturise your face with **Elave Intensive Cream, £5.99**. This great all-rounder can also be used on elbows, knees and hands to lock in moisture and help prevent skin becoming dry and itchy.



TOP TIP

Even in the winter, you should wear SPF 15 or above on your face to protect it from harmful UV rays.

CHILL OUT

After a brisk walk in the cold, the first thing you will want to do is relax into a nice warm bath. Tempting as it is, make sure the water isn't too hot. Really hot water removes natural oil from the skin leaving



it prone to dryness. Scrub away dead skin cells and give your body a boost with **Dead Sea Body Scrub with Frankincense Oil, £6.99**. Its chemical-free formula of Dead Sea salts and frankincense smoothes rough skin and boosts circulation. Head to Boots before

QUESTIONS

TWO TONE

Q My forehead and nose get quite greasy while the rest of my face is dry and sore. Which moisturiser should I use?

A Bethell, Weston-super-Mare, Somerset
The Body Shop Seaweed range is perfect for combination skin. The **Mattifying Day Cream, £8**, will even out your skin. The range also includes a **Clarifying Night Treatment, £9**.

RED FLARE

Q When I go indoors from the cold, the skin on my face flares up into angry red blotches. Can you recommend a cover-up to tone it down?

A Carole Gason, Tiverton, Devon
Try a new mousse-based foundation such as **Rimmel Cool Matte Mousse, £6.99**. The fluffy texture is light on your skin, allowing it to breathe, but also providing good coverage for those embarrassing red patches.



the 30 January for a 25 per cent discount on Dead Sea products.

After exfoliating, slather on **Palmer's Cocoa Butter Formula with Vitamin E Skin Smoothing Lotion, £3.75**. Make sure you moisturise immediately after a bath or shower, while your skin is still damp - this helps trap moisture in your upper skin layers. And when you dry off, gently pat the skin rather than rubbing it. This reduces irritation and redness.



KISSABLE LIPS

Neutrogena Norwegian Formula 6 Hour Protection Lip Balm, £2.99, is one of the best lip treatments I have ever used. It's a cream and, at such a great price, I recommend you buy one for every bag or coat pocket, so you're never caught without it.



WE TRY... YOU BUY

Hand Cream

- N-Spe Amazing One Stop Hand Cream, £3.95
- Lovely fruity smell, left hands very soft and dried quickly. Fabulous. **6/6**
- Neutrogena Norwegian Formula Fast Absorbing Hand Cream, £3.99
- Nice consistency. Absorbs quite fast but not instantly. Leaves hands soft. **5/6**
- Boots Botanics Overnight Hand & Nail Cream, £3.20
- Makes hands a bit sticky at first and takes a while to dry. But left them feeling very soft. **4/6**
- Berkeley Square Rose Petal Shea Butter Hand Cream, £5.95
- Can be greasy if you use too much. Has a lovely rose scent, though. **3/6**
- Lott Cream Original Formula for Dry Skin Relief, £2.99
- Hailed as a miracle cream by eczema sufferers, this clears up cracks overnight and leaves hands smooth. **6/6**

Best Buy OF THE WEEK

Did Christmas drinking leave your skin looking tired and dull? It's not just your head that suffers from a big night - your skin feels the effects. Top it up with **Super Food Antioxidant Masque, £6.99**. It combines anti-oxidants, blueberries and pomegranate to brighten skin.



Photos: iStockphoto

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