

## The Beauty Spot New Year, New You?

After the over - indulgence of Christmas, your skin may be feeling a little sore and dry and those character lines may be showing a little more. Just as we don't wear the same clothes all the year round, so it is with using a moisturiser. Let your skin be your guide during the year and adjust your skincare accordingly.

### Skin Deep

If your skin is looking flaky and dry then use a gentle exfoliator to remove those skin flakes. This will also help your moisturiser to be absorbed much more effectively, just be sure to let the granules glide over your skin, don't tear or rub at the skin. If your skin is feeling tight, taut and uncomfortable even after moisturising then you need a much more intense moisturiser. You can then go back to your other moisturiser in the spring/summer. Using a night cream will give your skin extra protection and comfort during the night, which will help your skin during the day. If you are outside a lot, you need a cream especially for outdoor use. This will help your skin retain moisture and protect it from the elements. Alternatively wear a make-up base to give you another layer of protection. If you are finding your make-up base is not lasting, going patchy or changing colour, it's because your skin has not been moisturised enough and is taking the moisture from your make-up base. Apply enough moisturiser so that the skin feels slightly tacky (not greasy) before applying your make-up base, also apply less powder during the winter. For an oily skin buy a moisturiser specially



designed to give you the moisture your skin requires, without the oil which gives you the problem in the first place! For everyone at this time of the year, use eye cream morning and night, the delicate eye area needs that extra protection to help keep those lines at bay. Just be careful not too use too much. Take a tiny amount on your ring finger and apply the cream only around your orbital bone from the outer corner towards your nose, then over the eyebrow back to the outer corner.

### Men have Skin Too!

A man's skin however is different to a woman's. It is oilier and tougher, therefore use one of the excellent ranges of men's products now available to suit every man and fit all budgets. Keep it simple. Have a face wash for the shower or better still a face scrub or go mad and use both. My time-saving tip is to mix them together. This will help prepare your skin for those of you who shave, by giving a clearer cleaner surface. For a drier skin use a cream shave and try to avoid electric shaving. If you can't, use a pre-electric shave lotion that will give protection and stop the skin dragging and drying. If your skin does feel tight, taut and uncomfortable, use a moisturiser!! It will also help delay the signs of aging and I even advise using an eye cream too, and why not, you are just as worth it as a woman; well some of the time!

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