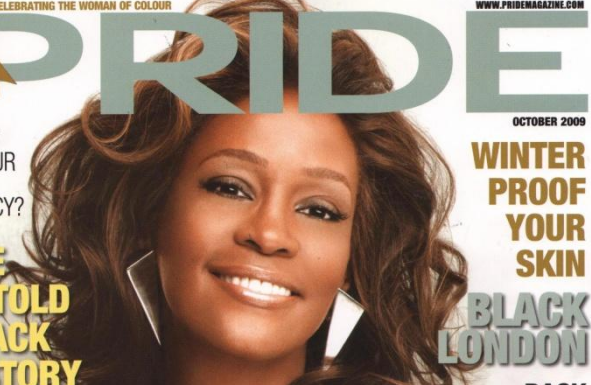




WHAT IS YOUR LOVE LEGACY?

THE UNTOLD BLACK HISTORY



OCTOBER 2009

WINTER PROOF YOUR SKIN

BLACK LONDON



Beauty Feature



winter skin survival

Winter-Proof Your Skin

As the months get colder, get prepared to add some extra TLC to your skincare regime for truly happy winter-kissed skin. "As it gets colder, the skin is prone to increased chaffing, dryness and redness," explains Skin Doctors skincare specialist Andrew Petrou. "The skin's moisture barrier is often damaged by the cold, which means the environmental irritants can enter the skin a lot easier." Additionally, centrally heated buildings create a low humidity that literally strips the skin of its natural moisture. And after walking in from the low temperatures outside, this will provide a harsh contrast and leave skin really sensitive.

Counteract the effects of heating by turning the central heating down a degree or two. It is better for the planet and better for your skin, too. Placing a bowl of water near a radiator will put more moisture back into the air and prevent skin becoming so dehydrated. Daughters of Lilly beauty expert Lorraine Downie believes protection should also start from the inside. "During the winter months, keep the body nourished by eating foods with powerful antioxidants, such as acai berries, goji berries, blueberries and green vegetables like spinach, broccoli and asparagus. Choosing food that keeps the body energized will in turn be reflected in the skin."

Cold-Snap Skin Regime

During the winter your skin mantra should be moisturize, moisturize, moisturize. First, "ensure that skin is thoroughly exfoliated at least once week. Not only does this slough away dead skin cells and leave fresher and more hydrated skin, but it makes skin more receptive to hydrating moisturizers," explains Andrew. Try **Eucerin DermoPurifyer Scrub** (£8.99; www.boots.com), which refines skin texture without drying the skin. Swap liquid or foaming cleansers for a cream alternative like **Australian Organics Crème Cleanser** (£8.50; 01622 859 898), which will make your face less tight while cleansing. "A richer moisturizer and facial oil will keep



skin hydrated and nourished, and a facial protector or barrier cream will help retain this moisture," adds Lorraine. **Daughters of Lilly Rose Maroc Facial Oil** (£28; 020 7238 838) is a great natural oil that is high in Vitamin E and packed full of replenishing oils to keep your skin looking vibrant. Protect your face with **Dermologica Barrier Repair** (£27.50; 0800 591 818), which shields skin from environmental stress and strengthens the skin from future harm and moisture loss. The delicate area around the eye will also need some extra love, so apply **Skin Doctors Potent C+ Smoothing Eye Gel** (£13.95; 08456 12 20 70). On days when your skin is crying out for some extra help, apply **Origins Drink Up Intensive** Ov...



DIY Home Treatments

You don't have to spend an at the perfect winter glow. That's that you can do at home. "Keep hydrated overnight by slathering covering them with a pair of glove supply by the time you wake up!" Andrew. Drinking 2 litres of water skin, and a good diet high in only keep skin supple. A natural alter recommended by Lorraine, is "w wheatgerm together and massag face. It leaves skin feeling supers using a soft facedoath as a DIY alt and rubbing the cloth on lips after jelly is a great cure for flaky lips. the flakes of skin come with it. Li it is in the morning, resist the urg the shower. Long, hot soaks will use tepid water and cut down or

Make your own mask to co
Ingredients:
• Plain yoghurt – soothing and calming for
• Finely crushed almonds – they act as an skin cells.
• Honey – makes the mask hug the skin.
• Wheatgerm oil – rich in vitamin E and F.
Mix them all together until you have a s into the face and neck, and wear for 20 m



Australian Organics Crème Cleanser

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