

Men's Fitness

MAKING YOUR BEST EVEN BETTER

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GearHound Grooming

Winter skin protection

Give chapped lips and flaky skin the cold shoulder

Face 'The biggest cause of winter skin problems is the combination of central heating indoors and cold weather outdoors,' says male grooming expert Jason Shankey (jasonshankey.com). 'Switching between them can strip your skin of its moisture, causing red, flaky patches in exposed areas.' You can guard against damage by using a three-pronged defence. **1** **Biotherm Homme High Recharge Flash-Mask** (£27 for 75ml, boots.com) feeds the skin with vitamins and ginseng, while strengthening the protective barrier to prevent dehydration. A serum will, according to Shankey, tackle complex tasks beyond the reach of normal moisturisers, such as loss of elasticity, dryness or redness'. Use **2** **REN Omega 3 Overnight Lipid Renewal Serum** (£31.25 for 50ml, mankind.co.uk) because it fights free radicals (the major source of skin ageing), prevents moisture loss and stimulates cell renewal. Apply it at night before moisturising, so it can reach the deeper layers of your skin. A daily moisturiser will 'replace lost oils and moisture', says Shankey. **3** **Eyre Biobotanics 24 Facial Moisturiser** (£36 for 150ml, mankind.co.uk) gives you a dual benefit: a hydrating aloe vera balm for use in the day and a nourishing fatty acid-rich cream for night-time.

Eyes 'The skin around your eyes is slightly different,' says Shankey. It's thinner, more delicate and more prone to dehydration, especially in winter. Eye creams are designed to solve these problems.' **4** **Phytomer Homme Facial Protect Smoothing Eye Treatment** (£22 for 30ml, mankind.co.uk) works by breaking up the congestion that causes puffiness and dark circles, and smooths eye contours and fine lines by tightening the skin.

Lips Cold weather dehydrates your lips, which can cause chapping, cracking and peeling,' says Shankey. Oil-based lip products such as **5** **Kyoku for Men Lip Fuel SPF15** (£11 for 7.5ml, kyokuformen.com) provide a protective, waterproof layer to help prevent moisture loss. Avocado oil heals lips, while peppermint and green tea leaf help energise the skin.



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Kiehl's Gentle Exfoliating Coriander Body Scrub
£20.55 for 200ml
 More coriander than baby lotion, this is a coarse, creamy scrub. It can leave your skin red, so save it for when you need a powerful scrub-down.
 mankind.co.uk

fragrances

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