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For smooth winter skin, exfoliate and moisturise religiously...

CLINIQUE MOISTURE SURGE TINTED MOISTURIZER SPF 15, \$50. Designed for dry skin, this hydrator gives a deliciously dewy result.

CHANEL HYDRA BEAUTY SÉRUM, \$124. Layer under your face cream to give skin an extra moisture boost.

M.A.C. LUSTRE DROPS IN SUN RUSH, \$40. Ingenious! Add a teensy bit to your face cream or foundation for instant radiance without having to OD on bronzer.

ST. IVES FRESH BRIN WARMING SCRUB, \$9.95. Not only does this scrub clear the complexion, it's lovely and warm on chilly winter days!

BIOThERM AQUASOURCE, \$59. A little unexpected - this gel formula hydrates deeply for a full day. Perfect for combination skin in winter.

NUTRIMETICS ULTRA CARE+ LIP APEEL, \$30. This nifty two-step pot consists of an exfoliator to buff lips and a nourishing balm to restore them.

ECOYA FRENCH PEAR BODY EXFOLIATOR, \$39.95. PALM OLIVE BODY BUTTER DECADENT MOISTURE BODY WASH, \$4.99. GARNIER BODY INTENSIVE 7 DAYS SOOTHING LOTION, \$4.99.

Tip: For scale-free limbs, cleanse and hydrate thoroughly daily, and gently scrub once or twice a week.

9 THOU SHALT CONTINUE THE TAN.
 Instead of marinating in your usual fake tan, use a face product for a subtle glow, and a body one that builds a tan slowly. Suddenly showing some skin? "Go for a wash-off mousse that dries quickly and rinses off," says Mel Sdao, St. Tropez trainer.

10 Thou shalt not curse the cold.
 "During summer, we tend to age more quickly as our skin is exposed to more UV radiation and environmental stress," says Robert Jarmyr, executive director of the IGEA Group. "In winter, whils: we are exposed to elements that can dry out our skin, they are not as damaging as the effects of UV radiation." Plus, Jarmyr says, the extra sleep we get can aid skin's cellular repair process. Leigh Campbell □

ST. TROPEZ WASH OFF INSTANT GLOW MOUSSE, \$34.95.

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