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## GALM SKIN IRRITATION

**Expert:** Dr David Colben

**Client:** Michelle Williams

Seeing red? The winter-to-spring transition, including temperature change and increased sun exposure, can stress skin, leading to inflammation. Neutralise ruddiness with a cream containing calming lavender and aloe, along with vitamin B to strengthen the skin's outer protective layer, Dr Colben says. "Upping your SPF protection also helps to keep tone even," he adds.



- 1. EmerginC Multi-Vitamin + Retinol Serum, \$145.
- 2. Trilogy Vital Moisturising Cream, \$39.95.
- 3. Pevonia Botanica Soothing Sensitive Skin Cream, \$111.50.

UNDER \$40



## SMOOTH ROUGH SPOTS

**Expert:** Tammy Fender

**Client:** Julianne Moore

Pay extra attention to lips, neck and hands left dehydrated and chapped following winter. To soothe a parched pout, apply a lip balm with moisturising plant butters and rose hip oil, Tammy suggests. Carry a hydrating toning mist and spritz spots such as neck and décolletage, cheeks and forehead throughout the day. Slather hands with rich cream, especially after washing, which can sap natural oils.



- 1. Mecca Cosmetics Lip De-Luxe Treatment Lip Balm, \$25.
- 2. Nutrimetics Nutri-Spa Recharging Hydration Mist, \$20.
- 3. Kosmea Skin Clinic Rescue Balm, \$24.95.

ALL UNDER \$30

## GET A YOUTHFUL GLOW

**Expert:** Dr Rebecca Giles

**Client:** Téa Leoni

"Harsh scrubs and peels can strip skin of more than just excess dirt and oil," says Dr Rebecca Giles. Every morning, wash with a mild exfoliating cleanser containing beta hydroxy acid, to de-clog pores and eliminate blackheads. Before applying make-up, fill in grooves around your eyes with a primer. "A smooth surface reflects more light, which looks younger," she tells *Woman's Day*.



- 1. Ella Baché Purifying Rinse-Off Gel Cleanser, \$62.
- 2. Roc Multi Correxion Multi-Action Anti-Age Eye Cream, \$59.
- 3. Natio Pure Mineral Eye Primer, \$14.95.

UNDER \$15

Words: Liz Mearns; Pictures: JAP/IN-City/Scapa, Sraepa Media, WireImage.com, StillLife pictures, Jemma Pook. All prices are recommended retail.