

SAVE FACE

The moisture-zapping combo of cold winds and indoor heating can send your skin into panic mode: think red, sensitive spots and rough, flaky patches. To save face, switch to a gentle cream cleanser in winter, such as **Nutrimetics Comfort Soothing Cleansing Crème, \$42 (1800 802 151)**, which contains oat milk and honey to gently cleanse skin without drying it out. For super-sleek skin, get sloughing every second day with a gentle cream exfoliant like **Biotherm Anti-Rides Line Peel Polisher, \$65 (1300 668 450)**. This little gem comes pumped full of hydrating thermal plankton, which improves the skin's oxygen and moisture levels. If sallowness is an issue, layer a radiance serum under your moisturiser. We love **Ella Baché Elixir d'Eclat, \$80 (1800 789 234)**, which contains lupin, a plant extract that acts to boost oxygen in the cells, while tiny pearl particles illuminate the face. Finally, give your complexion the ultimate drink courtesy of **Sisley Hydra-Global Intense Anti-Aging Hydration, \$250 (1300 780 800)**, which is packed with thirst-quenching hyaluronic acid (a naturally occurring substance in the body that adds hydration) and fatty acids (which nourish the skin and assist in healthy regeneration). **SKIN SOS:** Carry **bod Organic Moroccan Rose Face Oil, \$36.95 (1800 009 886)**, in your handbag and pat a few drops into your face whenever your skin feels tight.

PROTECT YOUR ASSETS

DON'T LET WINTER BE AN EXCUSE FOR NOT BEING YOUR SEXY SELF

SMOOTH OPERATOR

While it's tempting to neglect legs that are shrouded in tights every day, our bodies need double the TLC when the mercury drops. To banish the scales (the mermaid look is never a good one), apply **Origins Modern Friction For The Body, \$80 (1800 061 326)**, all over your dry body in circular motions towards the heart, before your shower. Rinse off then ward off wobbly bits, break down toxins and stimulate circulation with a massage session. Get to work with **The Body Shop Cellulite Massager, \$13.95 (1800 065 232)**, and a few drops of body oil (try **Weleda Birch Cellulite Body Oil, \$29.90, 03 9723 7278**). Then before the oil has fully soaked in, coat skin in **Elizabeth Arden Eight Hour Cream Intensive Moisturizing Body Treatment, \$39 (02 9409 7700)**, to keep it locked in. **DRY BITS SOS:** Massage **Trilogy Everything Balm, \$34.95 (www.trilogyproducts.com)**, infused with hydrating rosehip and coconut oils, into dry areas like elbows, knees, heels and cuticles. ➤

STRAND SAVIOURS

Like skin, hair also suffers the wrath of drying winter conditions. So switch to a moisture-boosting shampoo and conditioner, like the sweet-smelling **Molton Brown Moisture-Drench Rosella Hairwash and Haircondition**, \$40 each (13 55 57), which contain Aussie wild flower extract Rosella and sugar beet to lock in moisture and smooth fly-aways. For seriously lush locks, add some intensive hydrating treatments to your artillery and indulge regularly. Twice a week, towel-dry your hair then coat the midlengths and ends in **Joico K-Pak Moisture Intense Hydrator**, \$23.95 (1300 764 437). Leave in for five minutes then rinse well. Once a week, step it up with an overnight mask. Massage **Schwarzkopf Professional SEAH Hairspa Beauty Sleep Night Mask**, \$33.95 (1800 251 887), into dry hair, let it air-dry (it takes about 15 minutes) then go to bed as usual. Wash it out the next morning and wake up to seriously silky strands. **HAIR SOS:** Avoid an attack of the dry frizz by braving the final rinse in cold water and skipping the hairdryer once a week.

WINTER GLAMOUR

Stay sexy in winter with a warm colour palette of chocolate, bronze and soft pink, says make-up artist Yolanda Lukowski. 'To give your complexion a radiant glow, mix a pearly luminiser in with your foundation. I'm a fan of **Revlon Limited Edition Collection Bare It All Lustrous Lotion, 'Buff Love'**, \$34.95 (1800 025 488), because the fine particles create a veil of flawless looking skin.' Mix with a creamy foundation like **Covergirl TruBlend Whipped Foundation**, \$17.95 (1800 181 040), and apply with your fingertips so the product heats up to blend seamlessly into the skin. Then, to keep a dewy flush in winter, Lukowski recommends opting for a cream blush (we like **Lancôme Magie Blush 'Framboise Sensuelle**, \$50, 02 9931 8888), because the texture is more hydrating than powder, which is notorious for highlighting dry patches. Finish your ravishing winter transformation with a slick of waterproof mascara (**Too Faced Lash Injection**, \$35 from **Kit Cosmetics**, 02 9360 7711, will protect against torrential rain) and seal the deal with a hydrating gloss. **Kiehl's Lip Gloss 'Icy Everest'**, \$22 (02 9326 9980), is infused with mango, grapeseed and rose hips to protect against dehydration. ➤

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Lancôme Magie Blush 'Framboise Sensuelle', \$50 (02 9931 8888)

Maybelline New York Dream Matte Mousse Foundation, \$19.50 (1300 369 327)

Kiehl's Lip Gloss 'Icy Everest', \$22 (02 9326 9980)

Revlon Limited Edition Collection Bare It All Lustrous Lotion, \$34.95 (1800 025 488)

Joico K-Pak Moisture Intense Hydrator, \$23.95 (1300 764 437)

Ella Baché Elixir d'Eclat, \$80 (1800 789 234)

Biotherm Anti-Rides Line Peel Polisher, \$65 (1300 668 450)

Salehy Hydra-Global Intense Anti-Aging Hydration, \$250 (1300 780 800)

Origins Modern Friction For The Body, \$80 (1800 061 326)

Nutrimetics Comfort Soothing Cleansing Crème, \$42 (1800 802 151)

Schwarzkopf Professional SEAH Hairspa Beauty Sleep Night Mask, \$33.95 (1800 251 887)

Too Faced Lash Injection, \$35 (02 9360 7711)

Elizabeth Arden Eight Hour Cream Intensive Moisturizing Body Treatment, \$39 (02 9409 7700)

Molton Brown Moisture-Drench Rosella Hairwash and Haircondition, \$40 each (13 55 57)

Trilogy Everything Balm, \$34.95 (www.trilogyproducts.com)

THE WINTER BEAUTY KIT

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