



## Soft skin solutions

After the harshness of winter, it's important to be kind to your skin and to treat it with care. An easy to follow routine for all over softness will save you time and make you feel pampered and special.

### Face Facts

Before you begin take a good look in the mirror and decide what skin type you have: oily, normal/combo or dry, sensitive skin. If you're unsure ask at one of the beauty counters at your local department store for advice.

Although there are plenty of products around you can use when you have the time for a special treat, your daily routine need take no time at all – simply cleanse, tone and moisturise, using the right products for your skin type. Cleansers, for instance, often contain oil and if you use one too rich in oil for your skin type, it may result in clogged pores. Once a week gently exfoliate your skin and follow with a calming face masque.

### Body Basics

At this time of year you'll need to really indulge in some serious moisturising to create a silky soft body ready for the summer. All those months spent hidden under layers of clothes and living with the central heating on can be really drying. You've got every excuse in the world to indulge in a relaxing bath with your favourite bath oil to hydrate your skin. And applying a good body cream as soon as you get out of the bath will ensure silky smooth skin.

Add to that sense of indulgence by making sure your clothes are kept beautifully soft next to your skin. Use Lenor with Febreze Effect, winner of the Product of the Year 2008 in the Laundry care products category, in a national survey of over 12,000 people. The combination of all the softness of Lenor with the long-lasting freshness of Febreze Effect will add to that special, cared-for feeling.

### Handy Work

Our hands often suffer more than any other part of our body from the harsh effects of the weather. Keeping them silky soft and smooth when they are exposed to the elements can be particularly difficult, and any little extra help you can get is always welcome.

As well as massaging hand cream into your hands and cuticles whenever you can, why not try new Fairy Clean and Care which pampers your hands, helping them stay soft and moisturised, as well as doing a great job keeping your dishes squeaky clean at the same time too!