



## Come to your skin's rescue with beauty tricks that work

Hands up who's looked in the mirror at least one morning this month and thought, '999! This is an emergency!'

Yup, we all suffer a mini skin crisis at this time of year. Parts of your body feel like heavy-duty sandpaper. Elbows, knees and toes are out of sight, out of mind. Hands look 10 years older. And, unless you had Christmas in Barbados, your face has lost its glow, and dark circles are showing.

Get your glow back on track with 11 ways to freshen up your skin:

1. **Pep up your skin prep** At this critical time for your skin it's worth double-cleansing your face to brighten and refresh. Let moisturiser sink into skin for at least the time it takes to have a cup of tea, before you apply makeup.
2. **Clear your pores** Wrap a muslin cloth round your fingers and gently circle congested skin with a gentle exfoliant. This will clear blackheads and improve your circulation. Remember newly exfoliated skin can be more vulnerable to sun damage, even on winter days!
3. **Treat your skin to all-over softness** Use new Fairy Non-Bio Gel, which has all the softness of Fairy squeezed into a gel. It will leave your washing huggably soft next to sensitive skin, and is great for you and your family.
4. **Yes, eye creams do a fantastic job** But you could also help soothe away dark circles with a twice-a-week eye massage, doing around 10 little laps round your eye socket in small circles with your middle finger. This will help blood supply to the cells and stops a build-up of toxins... adding up to younger-looking skin.
5. **Drink about eight glasses of water** to combat dark circles.
6. **Brush your lips** Boost circulation and sweep away dead skin by massaging your lips with a soft toothbrush.
7. **Every time you use hand cream...** Give yourself 10-second hand massage. Rub cream into your knuckles and finger joints using small circular movements, then pull each finger to ease the joints. Use your thumbs to massage the back of your hands towards your wrist.
8. **Experiment with brushes** Apply foundation in little circular movements to get an air-brushed look.
9. **A few drops of sandalwood** essential oil in your bath help to soften dry skin, and will lift your mood, too.

10. **Exfoliate your feet and toes** in a warm bath, and nourish the skin with anti-fungal foot cream or almond oil with a drop of tea-tree oil.

11. **Buff your body** with a dry body brush before stepping into the shower every morning. You need a quick moisturising routine for cold mornings. Spritz skin with body oil while you're still damp.