

M2WOMAN

AUG/SEP 2011

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KEIRA KNIGHTLEY OF *MADEMOISELLE*

“...embrace your body whatever shape it is...”

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FROM RUNWAY TO REALWAY

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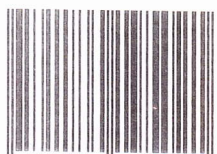
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YOUR GUIDE TO

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Take Charge!

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STOP REACTING, START ACTING!

Thou shalt treat dry spots with extra care

It's not just the hands that suffer in Winter; feet, elbows, cuticles and lips are all trouble spots for dry, cracked skin and need extra TLC to keep them soft. For an overnight tootsies treat – begin by exfoliating your feet with a scrub, then smother them in a soothing, nourishing balm and slip on cotton socks. They'll feel much happier in the morning. Treat cuticles with a nourishing oil blend every night at bed and you'll reduce those nasty hangnails, which can occur when the skin around the nails gets dry. Condition lips and elbows with a soothing balm that contains ingredients such as shea butter, cocoa butter and olive oil, and they'll be transformed in no time.

- 1. Badger Vanilla Bean Cocoa Butter Lip Balm Super Size, \$10. 2. Nutrimerics Nutri-Rich Oil, \$33. 3. Badger Cuticle Care, \$10. 4. Suvana Certified Organic Paw Paw and Honey Balm, \$12. 5. Karen Murrell True Miracle Intense Balm, \$40.



Thou shalt cut back on at-home chemical exfoliation

Winter skin is not only dry but can be over-sensitive. While we love exfoliants for the glow they deliver, unfortunately alpha-hydroxy acids, beta-hydroxy acids and astringent toners containing alcohol can strip the skin of its natural protective oils and leave it prone to irritation. If you want to keep up a regular at-home exfoliation routine, cut back to just two days a week and try gentle jojoba beads (which have no sharp edges that can damage the skin) or consider using a face cloth with a creamy cleanser. If you love the look and feel you get from a peel, leave it to the professionals. Jude Luke, owner of The Elements Spa says a specialist will ensure nutrients are delivered to the skin post-treatment, “Removing topical debris allows a greater delivery of nutrients to the lower levels of the skin. The Cosmedix Benefit Peel is a powerful antioxidant peel, delivering vital nutrients into the skin layers; it’s great in conjunction with PDT (L.E.D. photodynamic therapy).”

- 1. Bridget Black Jojoba Beads, \$19. 2. Jane Iredale Magic Mitt Microfibre Facial Cloth, \$35. 3. Ren Jojoba Microbead Purifying Facial Scrub from Mecca Cosmetica, \$75.

Thou shalt embrace oils

Oils are becoming an increasingly popular way to deeply hydrate and nourish the skin on both the face and body. Susie Creed, Marketing Manager for Celtine is a huge fan of jojoba oil. “I use The Jojoba Company Pure Golden Jojoba Oil for everything. It can be used to safely and gently treat many skin irritations and conditions, as well as be used as a cleanser and make-up remover. It nourishes and moisturises the skin, and can even be used internally.” Use oils as a moisturiser on damp skin after your shower to lock in moisture, as a facial cleanser, removed with a hot wash-cloth and to moisturise the skin.

- 1. The Jojoba Company Pure Golden Jojoba, \$25. 2. Weleda Birch Cellulite Oil \$32.50. 3. Healtheries Almond Oil, \$20. 4. Sothys Paris Vanilla Nourishing Body Elixir, \$107.50. 5. Nellie Tier Face Oil, Frankincense & Rose, \$42. 6. Sukin Purely Ageless Botanical Hydration Booster, \$36.

