

BABY NO.2 SANDRA'S JOY!
A SISTER FOR LOUIS



SCHOOLGIRL MURDER A MOTHER'S GRIEF
MY GUILT OVER JADE



NZ'S **NO.1** WEEKLY MAGAZINE

Woman's Day

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HE'S BOUGHT A RING!



FIRST PICS INSIDE!

DAN & HONOR SWEET BABY BO

HARRY'S PRINCESS BRIDE!

BUT WILL CHELSY SPOIL THE NEXT ROYAL WEDDING?

KRIS JENNER TELLS ALL

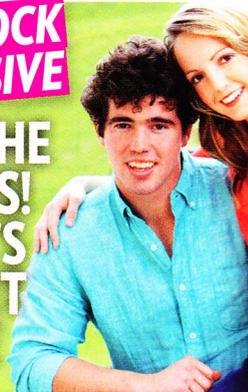


IT'S OVER!

MY MARRIAGE WAS A SHAM

THE BLOCK EXCLUSIVE

MEET THE MISSUS! ANDY'S SECRET WIFE



DIANA'S LOVER FINALLY REVEALS 'WE WERE INSEPARABLE'



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Pore & ORDER

The secrets to clean and super-smooth skin

If fine lines, wrinkles, dark spots and unsightly pigmentation weren't enough to worry about, clogged or enlarged pores create a new realm of skin concerns. Jude Luke is the owner of the Elements Medi-Spa and Beauty Clinic in Birkenhead, Auckland, and is an award-winning skin specialist. We asked her to share her thoughts and tips for minimising those circular suckers.



Jude Luke

oil gland empties into the hair follicle and anything that expands the natural shape of pores magnifies the appearance.

What are the causes?

Enlarged pores are generally caused by genetics, ageing and clogged pores – blackheads and enlarged pores often go hand in hand.

If you have oily, thicker skin, you are more prone to larger and more noticeable pores.

Sun damage is another culprit, as exposure can also cause skin to thicken and cause pores to look larger.

As we get older, there is less elasticity in the skin from the loss of collagen and elastin, which in turn causes enlargement to the pore.

What products help to refine my pores?

Cleanse and degrease with a gentle, exfoliating anti-bacterial, anti-inflammatory cleanser. Products that contain ingredients for cleansing and closing pores, such as lactic acid, salicylic acid and exfoliating enzymes, as well as antioxidants, are a must.

Serum-wise, those that contain AHAs to improve the topical surface of skin work well – such as Aspect Exfol 15 – which is applied at night after cleansing. Serums that contain vitamin A and retinol assist in the delivery of nutrients, help stimulate new collagen and create better skin structure.

What in-salon treatments can help?

Best of the best



1. Clarins Pore Minimizing Serum, \$61.
2. Olay Pore Minimizing Cleanser and Scrub, \$13.99.
3. Clinique Pore Refining Solutions Correcting Serum, \$84.
4. Aspect Exfol 15, \$87.40.
5. Aspect Retinol Brulee, \$128.80.

- ◆ Medi-detox facials – deep cleansing treatments for clogged and decongested skin types.
- ◆ Having a course of peels – removes the outer layers of skin. These range from deep to superficial, so there's no need to fret about downtime.
- ◆ Laser skin resurfacing – improves texture, tone, collagen formation and rejuvenates cells.
- ◆ Microdermabrasion – mechanically abrades the topical skin surface, using diamond-shaped crystals to slough off dead cells.
- ◆ Photo-rejuvenation – such as IPL, leads to restoration of even-toned, smoother skin.