



### Step 1

**Cleansing:** Place a dollop of cleanser about the size of a 20 cent coin into the palm of your hands. Rub together to warm the formula and distribute it evenly over palms and fingers. Massage hands gently over your neck and face, starting at the base of your neck and working upwards. Pay special

attention to the delicate eye area – only use the pads of your ring fingers and massage until eye make-up dissolves. Rinse or wipe away with a damp washcloth.

**NWLOVES: 1. Thalgo Pure Freshness Cleansing Milk, \$53. Call (02) 9477 6900**  
**2. Avon Solutions Accolade Complete Cleansing Complex, \$14.99. Call 1800 646 000**



### Step 2

**Exfoliating:** As essential as cleansing, exfoliating clears the surface of the skin of debris and old skin cells that may cause clogging and blemishes. It also helps to brighten skin. Choose either a mechanical formula (usually contains micro-beads or granules to gently slough the skin) or a chemical formula

(employs enzymes or AHAs to dissolve the glue that bonds dead cells together). Whichever you choose, proceed gently and follow the instructions to a T.

**NWLOVES: 3. Dermalogica Daily Resurfacer, \$113. Call 1800 659 118**  
**4. St. Ives Invigorating Apricot Scrub, \$9.99. Call (02) 8264 5400**



### Step 3

**Mask-erade:** Choose a mask best suited to your skin concern, be it dryness, congestion or oiliness, and slather on a thick layer, avoiding the eye and lip area unless the instructions say it can be used here.

Leave it on for the specified amount of time, then remove gently with a warm, damp washcloth.

**NWLOVES: 5. Alpha H 15% Glycolic Hydrating Mask, \$59.95. Call 1800 659 777**  
**6. Ilesci Seven Herb Treatment, \$90. Call 1800 808 993**



### Step 4

**Hydration:** Your facial is now complete, except for moisturiser. Massage your cream well into the skin. This will boost circulation and help your skin glow! Using your fingertips, press into points

around the eyes, along the jaw line, and the cheekbones.

**NWLOVES: 7. Clarins HydraQuench Cream, \$74. Call (02) 9663 4277**  
**8. Clinique Continuous Rescue Antioxidant Moisturizer, \$90. www.clinique.com.au**



### EYES RIGHT!

Treat your eyes to some special TLC and use cleansers and moisturisers designed for the delicate skin in this area. **NWLOVES: Ella Baché Eye and Lip Cleanser, \$37. Call 1300 136 661**  
**Priori Smoothing Eye Serum, \$120. Call 1800 808 993**



### PRECIOUS ASSET

No amount of skin care will work if you don't protect your skin daily from the sun's damaging rays. Choose a broad-spectrum sunscreen with SPF15 or above and apply it to all exposed areas of skin daily – even on cloudy days. **NWLOVES: UV Triplegard Summer Skin Clear Zinc for face & body, \$13.99. Call 1800 022 046**