



"Why use several products if they can be condensed into one? Try using glycolic Acid and anti-oxidant based cleanser that is going to remove facial make-up (avoid eye area), remove excess surface oils and rejuvenating at once" Try ALPHA-H Micro Cleanse \$57.95 1800 659 777

SPRING CLEAN YOUR BEAUTY ROUTINE

If your products have passed their use-by dates, maybe your beauty habits are becoming a little stale too. It's time to freshen up. BY AMY STARR



Skincare

Cleanser: Skin changes with the seasons so make sure you have the right cleanser for each – a light gel for summer and a nourishing cream or milk in winter. We like: **Lancôme Pure Focus Cleansing Gel**, \$52, (02) 9931 8888 (1) and **Garnier Clean & Soft Complete Cleansing Milk**, \$9.29, 1300 659 259 (2). "The average person spends seconds cleansing the skin, so most of us aren't cleansing effectively. A gentle wash cloth can assist," says Fiona Tuck, the international training manager for Dermalogics. Try: **Dermalogica's The Sponge Cloth**, \$30, 1800 659 118 (3). Streamlining your regimen may require you to streamline your products. "Whenever possible, I multi-task," says Dr Audrey Kunin, dermatologist and author of *The DERMAdoctor Skinstruction Manual*, \$35, Simon & Schuster, (08) 9443 8945. "Why use several products if they can be condensed into one? Try using a glycolic acid and anti-oxidant based cleanser that is going to remove facial make-up (avoid the eye area), remove excess surface oils and rejuvenate at once." Try: **Alpha-H Micro Cleanse**, \$57.95, 1800 659 777 (4).

Use by: Daily use means you should plough through the contents of your cleanser faster than it will expire, but if not, discard it within a year.

Moisturiser: Investing in two separate moisturisers to account for the major changes in seasons isn't as excessive as it sounds. Kunin advises you apply one with a cream base during winter, then a lighter serum or lotion in the summer. Try: **Ren Calendula Omega 3/7 Hydra-Calm Moisturiser**, \$78, 1800 007 844, meocosmetics.com.au (5) In winter, Yves Saint Laurent **Hydra Feel Soft Hydrating Water Lotion with SPF 15**, \$78, (02) 9965 9700 (6) or **L'Oréal Paris HappyDerm Skin Exhilarating Moisturiser**, \$15.55, 1300 659 259 (7) in summer. "And I always advise that everyone use an eye cream," says Kunin. We like: **Ole Henriksen Visual Truth Wrinkle Resistance Eye Creme**, \$94, 1300 553 440 (8).

Use by: Stick to the 12-month rule, particularly if it's in a jar, and don't forget to keep it clean. "A contaminated product can cause whiteheads that mimic acne. Either wash your hands before you dip or invest in a spatula. If your product is separating or there is evidence of dirt, it's a concern," says Kunin.



Suncare: Sun protection is as integral to your beauty booty as mascara, but don't rely on low-level SPF skincare. "Think of the SPF in a make-up or moisturiser as long on the cake. Your base won't stay on the way regular sunscreen will," says Kunin. Try: **Hamilton Everyday Face Broad Spectrum Sunscreen SPF 30+**, \$12.95, 1800 882 592 (9) or **Garnier Ambre Solaire Very High Protection Milk SPF 30+**, \$13.49, 1300 659 259 (10) under your make-up for extra protection.

Use by: The active ingredients in sun protection means you can't cling to one bottle forever. Replenish your stock every six months to ensure the SPF retains its strength.

"Avoid bars of soap, where possible. They strip the skin of the protective acid mantle and lead to dryness and irritation."

Bodycare

Shower: Simplify your bathing ritual by swapping that cake of soap with a body wash. Try: **Dove Cream-Oil Rosewood and Cocoa Butter Body Wash**, \$6.99, 1800 061 027 (11), or **Philosophy Coconut Frothing**, \$35, 1800 007 844 (12). "Avoid bars of soap, where possible. They strip the skin of the protective acid mantle and lead to dryness and irritation," says Kunin. Plus, they don't last nearly as long as the stuff in a bottle. If you're partial to the occasional splash-splash, be wary of bubbles. They have a way of drying out your skin faster than you can say "rubber duck". Opt for a more sophisticated version – an oil – to eliminate stress. Try: **Decleor Aromessence Spa Relax Relaxing Body Concentrate**, \$99, 1800 808 993 (13), or **Crabtree & Evelyn Aloe Vera Soothing Bath and Massage Oil**, \$29.95, (03) 8551 1000 (14). (Espel the mangy loofah that has been in your shower since God-knows-when – it's just cultivating bacteria – and trade it in for a

