



Spring clean your skin

Introducing your all-new, super-simple, skincare resolutions. Your complexion will love you for it!

1 HOT-CLOTH CLEANSER

Experts agree the single most effective route to clear skin is cleansing thoroughly before bed. So make spots and grubby cotton wool a thing of the past with a modern 'hot cloth' cleanser. These smooth onto skin and melt away dirt and make-up before being swept away with a hand-hot muslin cloth that lightly polishes skin, removing dead cells as it goes. It leaves skin refreshed, sparkly and ready to suck up moisturiser. Then toss the cloth in the washing machine for germ-free skin and a happier environment.



2 LEARN TO EXFOLIATE

Lurking beneath that dull, flaky post-winter complexion is springtime skin as soft as a baby's proverbial. To uncover it, you need to exfoliate regularly - not with a loofah (ouch!), but with a non-scratchy scrub. Exfoliate once or twice a week, ideally in the bath or shower, as the steam and warm water loosen dead skin cells. Massage the scrub into your damp face and gently rub in, making small circles with your fingers. Rinse off and follow with moisturiser.

A close-up photograph of a woman's face, focusing on her eyes, nose, and lips. Her skin is fair and has a natural-looking glow. There are three large, realistic-looking dew drops on her forehead and one on her cheek. Her eyes are a light green color, and her lips are a soft, natural pink. The lighting is soft and even, highlighting the texture of her skin.

3 LOSE THE FOUNDATION

Heavy foundations and light, airy weather just don't mix. For spring, use a sheer, tinted moisturiser that offers just enough coverage to make skin look flawless but fresh. Choose a formula suitable for your skin type, with an SPF of 15 or more, but opt for a colour one shade darker than your usual base to create a sunny glow. Smooth on in place of moisturiser (or over your usual day cream if you have dry skin) and head straight to concealer, skipping foundation along the way.



4 USE AN EYE CREAM

This spring, make a pledge to start using an eye cream. These are formulated to treat the extra delicate skin around the peepers and, more often than not, have added benefits like fading dark circles and banishing puffiness. Just use your ring finger (which is weak, so it won't drag) to pat a small amount around the eye, starting in the inner corner of the top eyelid, then working your way around the brow bone and lower lashes. Your mince-pies should look brighter and smoother within six weeks. Result.