



NEW YEAR -new beauty

DON'T BRING YOUR OLD BEAUTY HABITS INTO THE NEW YEAR. SHAKE UP YOUR ROUTINE FOR FRESHER, HEALTHIER SKIN

WORDS SHONAGH WALKER

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AT THE START OF THE year, it's a great idea to implement smart skincare tactics that produce huge improvements.

1. Revise your cleansing routine

Great cleansing is the cornerstone of glowing skin, especially in summer. “Without it, your skin can quickly become clogged from sweat and sunscreen,” says Anna Field, from the Paddington Beauty Room in Sydney. “Cleanse twice at night – once for make-up, once for grime, and once in the morning to remove cellular waste from the skin's overnight repair process.” Select the best quality cleanser, suited to your needs, that your budget allows.

look for one with hydrating and lifting properties

2. Check your exfoliator

“You should exfoliate once a week for dry and sensitive skin and up to three times a week for oily skin,” Anna says. Use a gentle mask-like product that relies on enzymes or natural sloughing beads.

3. Enlist a new serum

“In the same way you can't do the same exercise every day and expect different results, you need to swap your serum to give skin a fresh pep,” Anna says. If you've been using very active ingredients, look for one

with hydrating and lifting properties, and vice versa.

4. Include a mask

Anna says you need two types of mask – one that takes and one that gives. “Have one that draws out impurities when you're feeling toxic, and another that infuses vitamins and radiance when you're tired, sluggish and drained.”

5. Always use sunscreen

A recent Nivea study of more than 1000 women found that 70 per cent regret the sun damage inflicted on their skin, admitting insufficient sunscreen was to blame. Don't let this be you.

“Use a sunscreen that contains antioxidants,” Anna says. “It will protect skin from UV ageing, as well as burning.” >>

Jo Beth Taylor



Entertainer Jo Beth Taylor talks makeover moments

Q: Have you ever had a big-impact makeover?

A: It wasn't so much a makeover as a choice to use local Sunshine Coast designers for my wedding in South Africa [last] year. I chose to wear pants ... as I knew we would be having our Rhino Revolution orphans in our photos (Jo is an ambassador). By the time the hair and make-up girls finished I felt like an African princess.

Q: Have you ever thought, 'I could have used a makeover?'

A: Pick any time in the late '80s and look back at that spiral perm and baggy stonewash denim overalls.

Q: How has your beauty look evolved?

A: I think the key to looking young through the years is healthy organic food and good organic skin care. I think to age gracefully as Audrey Hepburn did shows that beauty comes from within and getting old can be beautiful.



Fresh as a ...

GIVE YOUR SKIN A CLEAN START WITH THESE ESSENTIALS

WORDS SHONAGH WALKER

1.



Gently polishes skin

2.



7.



4.



3.

6.



5.



We love

1. NIVEA Q10 PLUS CC Cream SPF15, \$19.95

A tinted SPF moisturiser with a sheer finish that supports the skin's repair and renewal processes. nivea.com.au

2. DR. SPILLER Jojoba peeling cream, \$67

A creamy peeling potion with jojoba wax beads that gently polish skin. dr-spiller.com.au

3. LA PRAIRIE Cellular hydrating serum, \$270

This super-hydrating, quickly absorbed serum replenishes even the driest complexions. laprairie.com.au

4. DERMALOGICA Multivitamin power recovery masque, \$73.50

Concentrated antioxidants combat redness, fatigue, irritation and dryness. dermalogica.com.au

5. HIBOU NATUREL Australian deep cleanse clay mask, \$30

Helps boost circulation and rebalance skin's pH levels as it detoxifies impurities. hibou.net.au

6. ELIZABETH ARDEN PRO Gentle facial cleanser, \$69

Great for all skin types, this cleanses, refines and exfoliates. Hint: Apply as a mask for 10 minutes. elizabethardenpro.com.au

7. EMINENCE Citrus and kale potent C+E serum, \$162

Fast to absorb, this alleviates inflammation, protects against environmental damage and boosts collagen. eminenceorganics.com.au