

Hydration station

Soothe the effects of long, hot days with these moisture-boosting goodies and top tips

MASKS

Treat your complexion to a hydrating moisture mask two or three times a week to restore your skin's natural lipid barrier function. Avoid drying clays in favour of refreshing gels and creams that contain nourishing vitamin E, shea butter, marine and vegetable proteins, as well as hyaluronic and glycolic acids.

1. Ultracuticals Ultra Replenishing Mask, \$69
2. Philosophy Renewed Hope in a Jar Re-Energizing Moisture Mask, \$45
3. Dr. Spiller Cellular Cream Mask, \$105

CLEANSERS

When washing your face morning and night (maybe more often in the heat) it makes sense to use a gentle, creamy formula. Avoid anything too foamy or soapy as these tend to dry out skin and disturb its natural pH balance.

4. Avène Tolerance Extreme Cleansing Lotion, \$47.95
5. John Plunkett Facial Cleanser & Makeup Remover, \$10

OILS & SERUMS

"Avoid heavy oils and serums," says Dr. Spiller skincare expert Sue Dann. "Instead, invest in lightweight products that allow the skin to function naturally, yet still give you a plumping effect." Apply a pearl-sized amount to cleansed skin nightly and massage in gently.

6. Dr. Spiller Vitamin Skin Function Oil, \$79
7. Dermalogica Phyto Replenish Oil, \$120
8. Vigour Radiance Elixir, \$75

MISTS

With a combination of dry, air-conditioned settings and outdoor humidity, the hotter months can strip skin of hydration. Keep it feeling plump and perky all day by spritzing on a hydrating mist. These give you a healthy sheen and keep make-up in place – no more oily T-zone or panda eyes!

9. O Cosmetics Antioxidant Hydra-Mist, \$52
10. Skintitul Multi-Active Mist, \$45

MOISTURISERS

For use by day, opt for moisturisers that contain hydrating ingredients such as green tea and vitamin C. "These can help to neutralise the damaging effects of free radicals," Sue says. Before bed, apply a heavier moisturiser to assist with your skin's overnight recovery.

DAY

15. Neutrogena Hydro Boost Gel-Cream, \$24.99
16. Clarins HydraQuench Cream-Gel for Normal to Dry Skin, \$70

NIGHT

17. Dr. Spiller Rinazell Active Cream, \$142
18. Comfort Zone Hydrmemory Cream Gel, \$79

ESSENCES

Essences can deliver extra-glowy results. "Essences are popular in the Asia-Pacific region due to the extreme humidity and their light, easy-to-wear texture," Sue says. "They're packed with antioxidants and active ingredients that help to quench dry skin. Apply after you cleanse and tone, right before you massage in serum or moisturiser."

11. Burt's Bees Intense Hydration Nourishing Facial Water, \$24.95
12. La Mer The Treatment Lotion, \$155
13. Estée Lauder Micro Essence Skin Activating Treatment Lotion, \$120 (150ml)
14. Jurlique Activating Water Essence, \$70

'Using lighter, oil-based products can help with long-lasting hydration'

Thirst quenchers

Dr. Spiller beauty therapist Sue Dann explains how to replenish your skin's vital moisture levels for lasting results



Sue Dann Skincare expert

Q Why does skin become more dehydrated with age?

"It produces less sebum, the substance that helps to waterproof your skin and keep it feeling hydrated. Inadvertently, you may also be making your skin feel drier by using aggressive treatments and skincare. Many products contain ingredients that slow sebum production, which can make the problem worse," Sue explains.

Q How is it that skin can still feel dry even when layered with moisturiser?

"Your skin is waterproof, yet many products on the market are water-based, which makes it impossible for their ingredients to actually penetrate and hydrate skin properly. Using lighter, oil-based products can help with long-lasting hydration."

Q Which ingredients are most effective?

"Look for hyaluronic acid, urea and sodium PCA – these are natural and synthetic humectants that will hold the moisture in the skin."

Q And which should be avoided?

"No product should ever interfere with the natural pH balance of your skin, so stop using anything aggressive which strips moisture. Also, avoid anything that creates a barrier over the skin – this will only mask dehydration. It's important to allow your skin to breathe."

Q Do you have any lifestyle tips to help boost skin hydration?

"Make sure you're getting enough sleep. Lack of sleep can cause sallow, dull, dry skin due to the reduced amount of time your body has to repair itself overnight. Also, as clichéd as this sounds, it's crucial to drink plenty of water and restrict your sugar intake. Sugar causes glycation, leading to the breakdown of collagen and elastin in your skin. The results are dryness, sagging and premature wrinkles."