



New Year's Skin Resolutions

With New Year's parties and festive cheer behind us, it's time to get into recovery mode—this involves giving your skin the TLC it deserves after all the stresses of the holiday party season. Heavy makeup use, boozy nights, interrupted sleep patterns and indulgent food, not to mention alternating between blustery cold outdoor weather and indoor heating, can all wreak havoc on the skin, leaving it dull, dry and damaged. The "after-party" for your skin starts right here!

- Never go to bed with your makeup on. Double cleanse using Eau Micellaire Biosensible by Biologique Recherche or Lait E.V. to rid the skin of residue. Or, use Naturally Gentle Cleansing Towels by Intrinsic for quick makeup removal when you are too tired to complete a full facial cleanse.
- Follow up cleansing with an enzyme-based exfoliator such as Clarifying Pack by Valmont or P50V by Biologique Recherche to remove the build-up of dead skin cells.
- Reclaim your skin's radiant glow by using Masque Visolastine by Biologique Recherche or Moisturizing with a Mask by Valmont designed to detoxify, oxygenate, hydrate and tighten. Lock in moisture with Crème Dermo-RL by Biologique Recherche.
- Get adequate sleep. This is the time when your body (and that includes your skin), is in recovery mode.
- Drink plenty of water (and/or coconut water) and eat healthy foods—plenty of fresh fruits and vegetables. Remember, good skin comes from within!
- Exercise and get fresh air whenever possible. This stimulates your circulation, increasing blood flow to all parts of the body.
- Make sure your moisturizer has SPF. Even in winter, your skin can suffer from exposure to the sun and the elements.
- Book an appointment with a professional aesthetician for a skin analysis and get recommendations of treatments and/or products to suit your skin type. Everyone's skin has varying needs at different times, there really is no "one size fits all" approach.

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