



Regular soap is far too harsh for faces – in washing away your skin's protective oils it disturbs its pH balance. Instead, try Gamila Secret Herbal Skin Care Bars, soaps made from essential oils and herbal infusions that are as nourishing as they are cleansing. For added benefit, leave the lather for a few minutes before washing away.



HANDLE WITH CARE

Don't neglect your hands just because they're snug in gloves. The best handcare products use olive oil for maximum moisture. Try Crabtree & Evelyn Naturals Botanical Liquid Soap For Hands, £10.50, and L'Occitane Organic Garden Hand Cream, £11.50.



Skincare

NEWS HEAVENLY HANDS; LATEST SKIN SAVERS; THE ULTIMATE BODY SERUM



Time for tea

EXOTIC TEA BLENDS ARE FAST BECOMING A BEAUTY STAPLE. **KIEHL'S YERBA MATE TEA LOTION**, £29.50 (020 7240 2411), CONTAINS NUTRIENT-PACKED YERBA MATE TEA, FAMED IN SOUTH AMERICA FOR ITS 24 VITAMINS AND MINERALS, WHILE **ORIGINS THE WAY OF THE BATH MATCHA TEA BODY SCRUB**, £35, IS MADE FROM ANTIOXIDANT-RICH JAPANESE MATCHA TEA.



3 OF THE BEST cold-weather cures

Winter can play havoc with your skin, so here's how to cosset your complexion...

- BEST FOR REDNESS** When temperatures drop, your blood vessels dilate and cheeks flare up. Eucerin Anti-Redness Neutralising Day Fluid, £18.50 (Boots), uses super-subtle green pigments to neutralise ruddiness.
- BEST FOR SENSITIVITY** Cold weather can hinder your skin's ability to retain moisture, leaving it tight and sore. For softer skin without any sting, we love Avène Soothing Hydrating Serum, £16.50 (0845 1170116), with calming thermal water.
- BEST FOR PIMPLES** Harsh winds and central heating can lead to oil-production overload, so keep your pores clear of sebum with Biore Shine Control Clay Mask, £4.99.



Psst! FOLLOWING THE SELL-OUT SUCCESS OF ITS FACE SERUM, NO7 HAS LAUNCHED PROTECT & PERFECT MOISTURISING BODY SERUM, £25, A SINFULLY SOFT ANTI-AGEING BALM WITH THE SAME MIX OF PRO-RETINOL AND ANTIOXIDANTS FOR FIRMER SKIN FROM TOP TO TOE.