

BEAUTY

The Edit

NEWBY HANDS picks the most effective products, tips and treats for perfect skin this autumn

This can be one of the toughest times of the year for skin; with it already super-dry from the summer (sun, sea and travel), now recent swings in temperature further affect our skin's vital barrier, creating a mini freeze-thaw effect. The result? An even drier skin that looks flat, dull and feels like fine sandpaper. But while these changes may be dramatic, they are superficial, so with a bit of care – and a few key products – a new glowing, dewy skin can be just a few days away.

1 UPDATE YOUR CLEANSER

If you only change one thing, make it your cleanser; if the product is over-cleansing, it strips away the barrier, so products that should go *on* the skin get *in* the skin and irritate. I prefer a cream to anything foaming (especially when used with a warm cloth) to remove eye and face make-up. Try Chanel's Sublimage Essential Comfort Cleanser, £68; or, for oilier winter skin, Decléor's Aroma Cleanse, £25.50.



FYI

Thirty seconds of massage a day with Darphin's Jasmine Aromatic Care oil, £61, will leave your face plump and rosy, and the jasmine scent stimulates the brain's happiness receptors.



2 START USING A SUPERBASE

Lancôme's Effet Miracle, £25.50, instantly 'retouches' – think Photoshop in a jar. Clinique's brilliant Repairwear Laser Focus Make-up, £27, blends colour with anti-ageing.



3 SWAP SCRUBS FOR PEELS

I prefer a peel to a grainy scrub – it leaves skin more evenly soft – plus, any treatment used post-peel is better absorbed. Try a two-week course of Ren's Resurfacing AHA Concentrate, £35, or Alpha-H Gentle Daily Exfoliant, £32.50. Tip: the Clarisonic face brush, £155, used with a peel works wonders.



Secret weapon
 Estée Lauder's Resilience Lift Instant Action Lift Treatment, £45, is outstanding, wiping away a few years for a few hours. Or plump up drab, flat skin with Dior's Prestige Revitalizing Mask, £105 for six – it works as well as a facial.



PRO TIP Use Environ's prickly Cosmetic Roll-CIT skin-roller, £62, before any serum; it creates micro-channels that will increase the penetration of active ingredients 10,000-fold.

Harper's BAZAAR

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SKIN'S NEW SECRET WEAPON

the BRITISH Issue

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