

The Natural Way

Cheltenham-based natural skincare specialist, Sophie Chamings, advises on some winter skincare tips.

Winter is on its way and that means dry skin and sore lips for most of us! Now's the time to start thinking about your winter skincare routine to keep your skin supple, fresh and radiant. The following beauty tips will help you on your way.

1. Use a facial oil every night. Facial oils are by far the most effective skincare products on the market today but there aren't enough of them around! They are nourishing, hydrating and rejuvenating but you've got to make sure you get the right one.

★ **Star product:** I tailor-make my own facial oils for clients, so get in touch and I'll make one that's right for your individual skin type.

2. Use a moisturiser every day to provide protection for your skin against the winter's elements.

★ **Star product:** Lavera Wild Rose Moisturiser – Natural Grocery Store, Bath Road.

3. Exfoliate your face once a week to keep it looking fresh and radiant. This will gently but thoroughly remove dead skin cells and anything that may be blocking your pores. If you've got

dry lips, don't forget to exfoliate them too as it will keep them looking plump and rosy. Make sure you moisturise afterwards.

★ **Star product:** Wild Rose Beauty Balm, Neal's Yard Remedies, Rotunda Terrace, Montpellier – comes with a muslin cloth and is gentle but thorough.

4. Use a hydrating facial mask once a week to give your skin a boost of everything it needs. Use this after you exfoliate for best results.

★ **Star product:** Clarins Hydra Quenching Mask (not totally natural but exceptionally good), available from Boots, House of Fraser, Debenhams.

5. Eat lots and lots of seeds, nuts, avocados, oily fish and/or take an omega-rich supplement such as Cod Liver Oil or Flaxseed Oil. This will make sure your skin is nourished from the inside out.

★ **Star supplement:** Viridian Beauty Oil, Neal's Yard Remedies.

6. Drink plenty of water. Recommendations vary, but I would say between 1.5 and 2



litres every day. Keep a bottle next to you at all times - it makes it much easier. Avoid tap water if possible as there can be nasty elements floating around.

If you would like an individual skin diagnosis, complete with Chinese facial mapping and personal skincare recommendations, why not treat yourself to a luxury facial using the purest of natural products. ■

Find out more about it at
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