

# Skin salvos

Prepare for the flurry of Christmas parties by upgrading your bathroom shelf with the new cleansing oils, punchy moisturisers and a 10-minute power pack

BY Fleur Frusza

With December's whirlwind social calendar, it's essential to have a skincare routine that will give you a healthy-looking glow, even on the bleakest winter day. "Our skin responds to environmental changes," says consultant dermatologist Dr Kathy Taghipour. "Cold, dry air and heating reduce the skin's natural moisture and can lead to dehydration and irritation." Here are three steps you can take to help ensure a party-ready complexion.

## 01/ COLD-WEATHER CLEANSING & TONING

As counterintuitive as it might seem, cleansing with an oil does wonders for the skin. As a consequence, cleansing oils are gaining traction in beauty circles. "Cleansing with a balm or oil keeps the skin's moisture locked in," explains Taghipour. And not allowing the skin to dry out prevents breakouts, speeds up blemish recovery time and minimises the possibility of scarring.

Charged with deeply purifying marine oils, La Mer's The Cleansing Oil is hard to beat. Apply directly to the skin and remove with a damp, warm muslin cloth, or add water and use as a purifying wash.

Cleansing oils can be used morning and night as a first step in any skincare routine, and they do well when followed by an essence. What the jigjigs is an essence? Simply the more sophisticated older sister of toner. Essences tend to be formulated to offer an additional layer of cleansing, priming the skin with nourishing ingredients. Omorovicza's Omorescence, for instance, contains healing minerals derived from thermal spa waters, as well as hydrating active ingredients for extra protection against external and bacterial aggressors.

## 02/ NEW-GEN SERUMS & MOISTURISERS

In the winter months, it's all about clever hydration layering to avoid the pitfalls associated with dehydration.

New from cult Korean brand Shangpree is Marine Jewel: individual-use capsules (applied to the face) formulated with super-hydrating seaweed, salmon and oyster extracts to restore a glassy-skinned glow.



1. La Mer The Cleansing Oil 200ml, £70; Omorovicza Omorescence 100ml, £78; 2. Shangpree Marine Jewel Capsule 30ml, £123, exclusive to Harrods; RéVive Intensity Complete Anti-Aging Eye Serum 15ml, £220; La Mer The Concentrate 50ml, £370; MZ Skin Hydrate & Nourish Moisturiser SPF 30, 50ml, £95; 3. Sensai Cellular Performance Hydrachange Mask 75ml, £87 and Cellular Performance Extra Intensive 10 Minute Revitalising Pads £100 for 10 sachets of two, both exclusive to Harrods

The Beauty Apothecary and The Cosmetics Hall, Ground Floor; Hair & Beauty Salon, Fifth Floor; and harrods.com



Your next step should be to layer on a formula that, while hydrating, also works hard to repair any damage. RéVive's new Intensity Complete Anti-Aging Eye Serum combines the brand's Line Relaxing and Cellular Filling Complexes to reduce the appearance of fine lines while also smoothing, plumping and contouring. La Mer's The Concentrate, meanwhile, is a potent skin healer. A velvety smooth formulation somewhere between a serum and an oil, it delivers an intense hit of the brand's famous Miracle Broth, treating irritation and redness.

Your subsequent winter moisturiser then needs to protect as well as hydrate, because UV rays remain harmful all year round. Packed with skin-drenching hyaluronic acid, water-retaining ceramide, nourishing kahai nut oil and protective broad spectrum SPF 30, MZ Skin's Hydrate & Nourish is a great all-rounder that also contains retinol to help reduce the appearance of pigmentation and dark spots – which can be exacerbated by the sun.

## 03/ WINTER SKIN TREATS

Finally, peppering your skincare routine with a few intensive treatments is essential during the winter (particularly around any festive socials).

Used two to three times a week, Sensai's creamy and dreamy Cellular Performance Hydrachange Mask, which has been developed with a high dose of hyaluronic acid, will give your skin a massive moisture surge. Want to turbo-charge it? Add Sensai's innovative new Cellular Performance Extra Intensive 10 Minute Revitalising Pads into the mix – these use restorative vitamin-C-rich acerola extract to refresh and illuminate the eye or mouth area in just 10 minutes. Sequins at the ready. □

Sabine Villard at Trunk Archive

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