

The seasonal changes call for an intensive skincare routine

As we move through the seasons, it's important to adapt your skincare regime accordingly as the climate dramatically affects the state of the skin.

As you begin to have to wear thicker clothing and deal with colder weather, the skin can become temperamental, generally dehydrated and more sensitive.

Here are my top tips to help keep your face and body looking super radiant as we move into autumn.

■ Once a week, apply a layer of products to the face and body before bed. Begin on the face, with a serum, facial oil and moisturiser. If your skin is feeling dry and a little lacklustre, also apply a mask as an additional layer under the moisturiser to seal in the goodness. Then, layer a body gel, body oil and cream over the whole body. Wrap yourself in loose bed clothing and leave to absorb overnight. You'll notice an immediate benefit.

Co-founder of Aromatherapy Associates **Geraldine Howard** passes on her words of wisdom to achieve soft, supple radiant skin during the winter months

■ Get into the habit of looking after the skin as well in the winter as you do all summer. While not as many areas of skin are on show, the better condition you keep your body in throughout the year, the easier it will be when you do wear dresses or sleeveless items in the colder weather.

■ The circulation can be more sluggish in the winter so it's important to incorporate massage into your daily routine to keep a radiant complexion. rather than viewing cleansing as just removing make-up each evening, consider it an opportunity to perform a mini-treatment on the whole face. Carry out lots of small circular movements as you apply the product -

this is an invaluable way to boost capillary circulation, helping to remove impurities and generate radiant, healthy skin.

■ I recommend a full body exfoliation at least once a week, and the same for the face. But always be conscious of which of your products actually contain a form of exfoliation, so that you don't overdo it. One of the biggest causes of premature aging is over exfoliation of the skin, which causes inflammation.

■ If you wear a hat in the cooler months hair can get very dry and become static. Treat it weekly with a nourishing hair oil, massaging into the scalp through to the ends of the hair.



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► Autumn wishlist

For the face, the **Instant Skin Firming Serum (£41.50)**, **Nourishing Face Oil (£37)**, **Rich Repair Nourishing Cream (£53)** and award-winning **Overnight Repair Mask (£46)** delivers a boost of moisture and vital nutrients to skin, leaving it perfectly nourished and protected against the harsh weather conditions.

For the body, the **Enrich Body Serum (£24.50)**, **Enrich Massage and Body Oil (£33)**, **Enrich Body Butter (£33)** and **Enrich Hair Oil (£24)** ensures your skin, and hair is deeply nourished. Uplifting geranium, ylang ylang and vanilla keave skin exotically scented and silky smooth.



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» Mind, Body & Soul: Spotlight on skincare

Make time stand still with vital beauty tips

Lifestyle factors and diet are the key to how quickly our faces appear to age, says **Jacquie Lane**, lecturer at The College of Naturopathic Nutrition.

Ageing skin is inevitable as the years go by, but small changes to your lifestyle can significantly slow down the visible effects.

Follow these valuable tips to make sure you keep your skin strong and supple.

Alcohol causes dehydration and toxic overload. Stick to one glass of red wine for its antioxidant properties and drink a glass of water for every glass of wine.

Smoking causes a reduction in blood circulation, decreasing nutrient and oxygen levels in the skin. Stress adds to wrinkles so deal with the causes.

Sunbathing causes free radical damage and the risk of skin cancer as UVA rays penetrate the cells and destroy DNA.

Use 100 per cent natural products for sunburn prevention and for everything you put on your skin if you want to avoid petrochemicals, parabens and preservatives.

Foods to avoid include barbecue foods, fried foods and burnt foods as they contain high levels of free radicals which destroy healthy cells.

Also avoid food additives, preservatives and colourings, toxic substances and processed foods. Opt for wholegrain natural alternatives instead, focus on veg and fruit, preferably organic.

Exercise gets your blood circulating faster and pumps nutrients and oxygen into your



Foods to avoid include barbecue foods, fried foods and burnt foods which destroy healthy cells

skin. Use organic products for your skincare regime – or make your own.

Eat intensely coloured fruit and vegetables such as blueberries, red raspberries, red cabbages and purple sweet potatoes, which contain anthocyanidins, powerful antioxidants which help support and repair collagen formation.

Antioxidants deactivate potentially dangerous free radicals before they injure cells. Find them in vitamins A, C, E, selenium and zinc. Essential fatty acids need to be consumed because our bodies do not make them. Contained in every cell in the body, they lubricate the joints and keep

the skin healthy and moist.

They provide energy within the cell structure and are anti-inflammatory. Find them in oily fish, flax seeds and nuts, especially walnuts. Manuka honey, herbal teas and water are also high on the 'good' list.

Finally, laugh a lot – laughter lines disguise any ageing.

■ The College of Naturopathic Medicine (CNM) offers diploma courses for careers in nutritional therapy, acupuncture, herbal medicine and naturopathy, and offers short courses, including natural skincare, from November. Visit www.naturopathy-uk.com or call 01342 410505.

Enjoy professional pampering in the comfort of home

Every so often you want to have a gathering with your friends but – if you are anything like me – after a week of work sometimes you just can't be bothered to go out.

If the thought of rubbing shoulders with hoards of tanked up office workers on a Friday night makes you shudder – a pampering party might be just the trick.

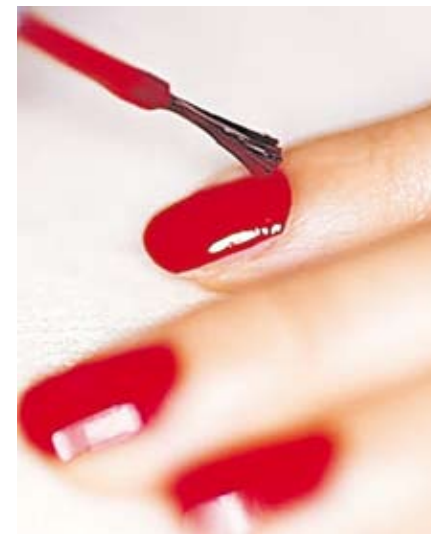
Helen Hien Ngo, a Marylebone-based beauty therapist and reflexologist, offers tailored parties where groups can choose their treatments, crack open a bottle and relax with friends.

The trained reflexologist and beautician has 10 years experience in the field and practices reflexology for pregnant women and cancer patients. She also provides beauty treatments and she's even done Nigella Lawson's nails (if it's good enough for Nigella, it's good enough for me).

She arranges parties where you can begin the night frazzled and end it looking great, rather than the other way around.

Ngo started the parties as she was regularly asked to provide treatments for groups for hen nights.

"It's a great way to have relaxing fun with your friends, without any pressure of getting dressed up and going out," says Ngo, who is Vietnamese and has worked and lived



in London for just over 10 years. "It's cheaper and more convenient and you get to spend time with the people important to you."

She even takes her beauty kit to offices around the capital to provide at-desk pedicures and office pampering parties for time strapped office workers.

"I love going in to an office where everyone is a bit fed up and making everyone feel refreshed. It sounds unusual but people don't have the time nowadays to visit a beautician and you need to be able to go to them," says Ngo.

You may be too tired or too busy to go out, but now there's no excuse not to be pampered.

Prices are from £50 - £120 per person depending on treatment options. Booking on 020 7935 0059 or www.helenharmonyreflexology.co.uk.

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