



CREAM VS OIL

Most people with dry skin love the feel of a thick, nourishing cream on their skin. Many women avoid using oil products, often saying it clogs the pores and causes their skin to feel greasy and oily. However, in many cases, oil may be just what your dry skin is craving. Not only does it keep the skin supple, it repairs damage and treats the overall health of the skin. It actually helps minimise wrinkles and acne, giving a glow to the skin.

According to Yasmin Sadikot, creator of OmVeda Ayurvedic skincare company, "A natural vegetable oil keeps the skin supple and feeds it valuable nutrients which help keep the skin healthy." Yasmin says herbalised oils, which have been used for centuries in India to beautify the face, body and hair, are great on people with dry and dull skin.

"Most Ayurvedic herbal oils are made with vegetable oil infused with herbs, which, when massaged on skin, will be easily absorbed – only a few drops are needed," Yasmin says.

Five days to youthful, plumper skin

When skin is rough, dry, sun-damaged and pigmented, a great alternative is the Herbal Aktiv Peel. This extreme exfoliator works on the top layer of the skin to remove surface dry skin cells and retexturise the skin. Based on herbs, the peel is applied to the face in a salon and, when complete, the face appears flushed and red like sunburn.

On day two and three, you apply products given to you at the salon, and on day four the skin starts to crack or peel. On day five you return to the salon where all the old skin is removed to reveal brighter, smoother and softer skin. Says OmniDerm's Sue Dann, "This peel does not damage the skin's natural protective layer, therefore will not dry or dehydrate the skin."

Cost is \$699 for a one-hour treatment including three products. Visit www.omniderm.com.au.

Try: ● Estée Lauder Hydrationist Maximum Moisture Crème for Dry Skin, \$75, an easily absorbed formula which feels ultra-comforting.
● Dr. Spiller's Hydro Almond Cream, \$90, for dry and demanding skin.
● Danne-Montague King Seba-E, \$66.50, which blends vitamin E and herbal oils to alleviate tightness.
● OmVeda Saffron Facial Oil, \$40, contains vitamin C, turmeric and aloe vera oil. Best applied before bedtime.
● Burt's Bees Baby Bee Apricot Oil, \$19.95, is 98 per cent natural. It contains apricot kernel oil, grapeseed oil and wheat germ oil.

Manuka honey

Honey may taste great, but Manuka honey is now making waves in skincare. The world's largest producer and exporter of Manuka honey, Comvita, has found in its research that Manuka honey in skincare has anti-ageing, hydrating as well as anti-inflammatory properties.

Breakthrough scientific research by Comvita's team of scientists at the

University of Auckland, New Zealand, has revealed that a special blend of Manuka honey has active compounds that slow signs of ageing.

Trademarked as HuniXa, this ingredient supports the natural collagen and elastin structure of the skin. It has a high antioxidant content and promotes regeneration of the skin cells. Available at David Jones stores.

Best for dry skin:

- Comvita Intensive Hydrating Mask, \$50, nourishes the skin. Containing macadamia oil, shea butter and kiwifruit.
- Comvita Radiance Plus Moisturiser, \$59, has licorice root and keratin powder for a brightened complexion.
- Comvita Nourishing Lip Treatment, \$19, contains avocado, macadamia and kiwi seed oil.

Dry and sensitive

Often sensitivities in the skin will become more apparent in winter, when inclement weather can keep irritations raw and sore.

Sydney dermatologist Natasha Cook says nearly half her patients believe they have sensitive skin, yet probably only 10 per cent of the population has truly sensitive skin.

“Sensitive skin is typically more easily irritated and reactive than normal skin, with symptoms such as redness and smarting,” Natasha says. “It is also more prone to flaking, redness and smarting.”

- Try:**
- EmerginC Scientific Organics Phytocell Cream, \$110, with concentrated grape stem cells and kombucha, as well as glycerin to protect and renew skin.
 - Happy Skincare Anti-ageing and Repair Cream, \$44.95, is totally natural, with rosehip oil, jojoba oil, marine collagen, vitamin E, coconut oil, carrot seed oil, calendula oil, grapeseed oil and lavender oil.

Red and smarting

Bolster lipid membranes with fatty acids and keep flushing at bay. When you suffer from couperose skin, try

● **Dr. Spiller Biocosmetic Anti-Couperose Cream, \$97**, which contains vitamin K and horse chestnut extract to protect the veins and strengthen capillary walls.

The wonder of water

At birth, about 75 per cent of our weight is water but, as we age, we lose our ability to hold onto water.

According to skin guru Dr Howard Murad, water loss often accounts for thin, sagging skin. “If water is lost from the epidermis, those cells will withdraw water from somewhere else in the body – perhaps the water around cells, or even tissues and organs,” he says.

As well as staying hydrated, try these other methods to stay younger looking.

- Put more fatty acids in your diet by eating fish and taking omega-3 fatty acid supplements.
- Take lecithin (a chemical cousin of vitamin B) – in egg yolk, soybeans, liver, cabbage – or lecithin supplements.
- Include water-rich foods, such as celery, watermelon, apples, lettuce, cucumbers and cabbage, in your diet.

