

# The perfect canvas

No matter how good you are with a make-up brush, you'll still need to get back to basics to create a flawless complexion, starting with a good skincare routine...

A fabulous foundation can hide a multitude of skin sins, but nothing can compete with having the perfect canvas: radiant, smooth, perfectly flawless skin.

Taking a little extra time and care can improve even the most troublesome complexions. So start by repeating those three magic words: cleanse, tone, moisturise...



## Cleanse

Ideally, you should be cleansing twice a day: once in the morning to refresh and remove any toxins eliminated during the night, and then again at night before bed to remove make-up, dead skin cells and excess oil. To get you started, we've picked out two of our fave cleaners to help you scrub up well.

### Save...

**Simple Kind to Skin Cleansing Facial Wipes, £3.20**

A few sweeps of these cleansing wipes will remove all traces of the day. No wonder it's the UK's no.1 selling skincare product!

### Splash out...

**Liz Earle Cleanse & Polish Hot Cloth Cleanser, £12.75**

A multi award-winning fave of beauty editors everywhere, the creamy formula is packed with gorgeous, natural ingredients that melt away make-up.



*Pssst... don't forget to exfoliate!*

Buff away dead skin cells and create a smoother base for moisturiser and make-up by using a gentle face exfoliating product two to three times a week.

### We love

**Origins Modern Friction, £30**, as a gentle, at-home alternative to micro-dermabrasion to leave skin super soft.



## Tone

A toner will help the skin's pH level get back to normal after cleansing, but it's also great to remove any last traces of make-up, or any residue from your cleanser. Tone up with two of our top picks.

### Save...

**Superdrug Essential Fragrance-Free Toner, 99p**

All skin types will be left clean and refreshed from a sweep of this ultimate skincare bargain.

### Splash out...

**Dr Hauschka Clarifying Toner, £24.95**

Perfect for refining skin, extracts of calendula, echinacea and witch hazel soothe, calm and harmonise.



## Moisturise

Applying moisturiser morning and evening (after cleansing and toning) should be a key part of your daily skincare routine, to keep skin hydrated and to act as a barrier against external irritants.

### Save...

**Olay Essentials Complete Care SPF30 Day Lotion, £10.29**

This bargain beauty saviour provides up to eight hours moisturisation, SPF 30 protection and pampering vitamins.

### Splash out...

**ESPA Lift and Firm Moisturiser, £38**

A potent treat for your skin, with sea amber to stimulate collagen and elastin, to help lift, firm and strengthen your skin's structure, and anise to minimise fine lines and wrinkles.



## Liz Earle's hot list



*We love skincare guru Liz Earle and her holistic approach to beauty.*

*Here she shares some of her top tips to help you achieve radiant skin...*

### \* **Cleansing is the cornerstone**

It's important to cleanse in the morning to remove overnight sebum production (helping to prevent spots) as well as in the evening to remove everyday grime and make-up. Even if you don't wear make-up, you'll be amazed at how much dirt can settle onto the skin - if you work in the city, try to cleanse as soon as you get in.

### \* **Feed your skin from within**

Good food gives us the building blocks for great skin. Fruit, vegetables, mixed nuts and seeds are all a great source of energy and nutrients and absolutely bursting with protein, fibre, vitamins and minerals. I also try to include skin-friendly vitamin E-rich foods in my diet, (such as avocado), which work to optimise moisture levels and improve the skin's appearance.

### \* **Start moving**

Exercise releases feel-good hormones, which help relieve stress and prevent the accompanying influx of testosterone it creates. It also boosts the body's natural detoxification process and stimulates the flow of oxygen to cells, increasing the health of your skin. Just remember to cleanse skin thoroughly afterwards to wash away any toxins and grime that have built up on your skin, as these can lead to pimples.

### \* **Get your 40 winks**

They don't call it 'beauty sleep' for nothing, so make sure you're getting your eight hours a night. This will give your skin the opportunity to repair and renew itself, as well as making sure your eyes stay bright and free from puffiness.