





# **FLAWLESS SKIN**

By RACHEL WOOD

Crave a complexion that makes a statement all on its own? Bare winter skin can be beautiful but achieving this perfect simplicity can be tricky. Even the most flawless of faces may be in need of a little helping hand during the harsh colder months. As some say it's all in the preparation but also don't forget about making wise product choices to help in establishing skin nirvana.

If your skin is looking dull and needs a little life pumped back into it try out Dr. Kadir Matrix Gold Face Mask which contains active gold particles. The pomegranate and avocado oil mixture combined with the gold flakes work as a powerhouse product leaving your face feeling softer and your complexion brighter. Also great for lightening any dark pigmentation patches.

Another great way to breathe a little more life into your complexion is Bliss Spa's Triple Oxygen Treatment. Voted by The London Sunday Times for the past two years as "the best spa treatment" this spa facial uses blasts of oxygen sprays and masks dispersed between exfoliations, cleansing and extractions. This treatment gives astounding results, skin is left glowing and not irritated like a lot of other facials.

Is your skin dry or dehydrated? Start by exfoliating away those dead skin cells with a product that's tough enough to remove them but gentle to use everyday like Dermalogica's Daily Microfoliant. This is a rice based enzyme powder that you mix with water. It also contains oatmeal, ginkgo and green tea which work as anti-irritants. Then re-hydrate using Liz Earle's Superskin Moisturiser. This moisturiser helps to plump up skin with its active ingredients of cranberry seed oil, rose hip oil and vitamin E. The result is rejuvenating.

Is your problem too much shine from oily skin? Lancome Pure Focus Mattifying gel is a godsend. Apply onto cleansed skin before makeup to keep greasy t-zones under control. Also MAC's blot powders used on top of makeup are terrific for shiny skin. They can be applied all day long with out heavy colour or excess powder/ cake like build up.

To give a final preparation before applying any makeup would be to spread a thin layer of primer on top of moisturiser and before any foundation or tinted creams. Perfekt's skin perfection gel is a hybrid cross between a primer and a colour corrector. This gel gives a radiant finish while minimising pores.

To finish off a barely there look with a faultless foundation is no easy task. Choosing the correct colour, coverage and texture for your tone and type can be difficult. Be aware that the colour once used in warmer months may look too orange now. The experts at [Fashion Face TV](#) have wonderful video tutorials on makeup basics including foundation and blending. This site is a Mecca of spectacular step by step re-create how to's which include looks from the NY, London, Paris and Milan fashion week catwalks.

Choosing a foundation can be a very personal thing. A makeup base in a sense becomes a person's second skin. For those who wish for radiance, Chanel's Vitalumiere is heavenly. For less shine with a sleek natural finish try out Nars Matte liquid foundations. How you apply your foundation can be just as important as what product you choose. To create a more polished end result, try using a small buffing blusher brush instead of a sponge or flat brush and "buff" foundation into the skin in large circular motions. Don't forget to go over the ears with a touch of left over product from the brush to keep foundation looking impeccable.

