



Clean Up Your Act

Your entire beauty routine's success hinges on how well you cleanse your face – so make sure you do it correctly! Bin any cleanser that leaves your skin feeling tight. That 'squeaky-clean' feeling means that you've disrupted the skin's natural barrier function. Invest in a gentle cleanser that won't strip the skin's natural oils, such as Love The Planet Tea Tree and Lavender Cleanser (£5, BUAV, vegan), or Renu Rich Cream Cleanser by Susan Molynieux (£15.25, vegan), which contain natural cleansing agents. For sensitive complexions pick up Paul Penders Calendula Cleansing Milk (£14.95, vegan) – it cleanses and calms stroppy skin in one handy hit!



Nourish & Protect

Skin nasties like pollution, central heating, and smoking all have a dehydrating effect on our skin, so you need to moisturise – no excuses. Aubrey Organics Rosa Mosqueta Rose Hip Moisturizing Cream (£13.99, BUAV, vegan) is perfect for counteracting dryness with essential fatty acids, or for normal skin types try Caudalie Premieres Vendanges C20 Moisturizing Cream (£18, vegan), for a gorgeously-light formula packed with antioxidants. As for oily skin types, you still need to moisturise, just stick to silky, oil-free lotions like Sanctum Moisture Barrier Oil Free (£17.95, vegan).



Super-Charge Your Beauty Sleep

And finally, to bed! Adequate shut-eye is essential for healthy looking skin, since it is during sleep that the body can get on with its repair work. Make the most of your beauty sleep with Spiezia Organics Night Cream (£34.80, 0870 8508 851), with organic jojoba oil and skin-boosting vitamins, or smooth on Weleda Wild Rose Intensive Facial Oil (£9.80 for 30 capsules), for a heady mix of rejuvenating rose, almond and evening primrose oils – all in handy, single-dose capsules. Sweet dreams!

