

As winter plays havoc with your skin, feed your face with cream - lots of it! Cold winter weather, central heating and open fires all add to dry skin dilemmas. Your skin needs as much nourishment as it can get at this time of year to fight off flakiness and disperseness. Don't spare or you will despair! We know there is nothing more ageing than dry lines so Living North set out to find the most nourishing creams to fill your bathroom shelf.....

Espa 24 Hour Moisturising Complex, £35

A unique, nourishing balm to be used day and night. Vitamins E and F plus essential oils of Frankincense, Myrrh, Rose and Neroli balance and nourish the skin.

Fresh Face Balm, £59

Elevated to cult status, but previously unobtainable, Fresh is now available at House of Fraser Stores. The Repair and Restore Face Balm is perfect for mature skin, smoothing fine lines and restoring firmness. Age defying Iris root and a special vitamin complex, stimulate and reinforce collagen to defend against fine lines and wrinkles. Hydrating camellia nut and blackcurrant seed oil combine to provide an effective barrier against moisture loss. 0207 486 4100

Decleor Ultra-nourishing Cream, £36

A 'meal' for the skin. A concentrate of 7 cereals; oat, wheat, sweetcorn, quinoa, rice, rye and sesame combine with essential oils to create the most luxurious, rich and energising. Perfect for very dry and sensitive skin it rehydrates without irritation and restores a healthy balance in the skin. Nourishing Cream, £36 (50ml)

Clarin's Eclat du Jour, £33

It has been around so long everyone thinks they know Clarin's and yet they continue to change and evolve product without disappointing. Eclat du Jour delivers key vitamins and minerals for a brighter skin, for a long lasting softer, revitalised skin.

Rénu by Susan Molyneux, £29.95

Created specially to deal with mature skin Restoring Rich Cream is perfect for dryer skin requiring serious nourishment. An intensive hydration treatment, Evening Primrose, Wild Yam, shea butter and soya together with Vitamin A and C combat dryness and loss of elasticity and targets deep wrinkles with a firming action. We love it! Available at selected salons regionwide. For stockists; 01242 570515

Dr Hauschka's Quince Day Cream, £16

Refreshing and protective Quince Day Cream is refreshing and protective - great for everyday use. Ideal for all skin types, quince seed cools and soothes irritated skin. Shea butter, Avocado and Jojoba oil feed the skin and the velvety texture ensures the Day Cream is easily absorbed, leaving skin feeling fresh and looking revitalised. Available at Hand On, Hexham and John Lewis.

Sisley's Ecological Compound, £88

Our love of Sisley is no secret - everyone we have asked to try it has been totally converted. I don't suppose that this new Ecological Compound is anything short of brilliant. Protecting the skin from the usual environmental damages, it provides a soothing complex to keep skin comfortable - and radiant. The best thing about it is that as a regulating product it helps the skin benefit from other beauty products and can be used alone or in conjunction with any other cream to revitalise and moisturise.

Caudalie's Vinosource Riche, £23

Caudalie was every beauty Editor's well kept secret until, luckily for everyone else, it was picked up by department stores such as John Lewis. This is one of the very best skin care ranges in existence. Targeting specific skin care problems, every product from Caudalie does just what it says on the bottle! Vinosource Riche, is an anti wrinkle, nourishing cream which is easily absorbed to smooth away dehydration lines. Packed full of Omegas 3 and 6, grape-seed, borage and chestnut oil, it's rich intensity reduces facial lines, reinforces and eliminates tightness, dehydration or sensitivity in extremely dry skin. Available exclusively at John Lewis or by mail order at Space NK, 01242 210055.