

10 ways to Get a Winter Glow

1

QUENCH YOUR SKIN

Going from the cold air outside to dry heat inside sucks the moisture out of your skin, says facial plastic surgeon Jennifer Levine, who suggests switching to a heavier moisturiser in the winter (try Olay Definity Tone Correcting Anti-Ageing Night Cream, \$39.99; 1800 028 280). If you're acne prone, look for an oil-free formula loaded with water-binding hyaluronic acid, such as this one by Benefit.



Benefit B. Right! Triple Performing Facial Emulsion SPF 15 PA+++, \$45; 02-8353 5000

T2 Provence teapot, \$35, and Sencha Sensation Loose Leaf Flavoured Green Tea, \$12.75; t2tea.com

2



JOIN THE TEA PARTY

"Loose-leaf green tea is great for tissue damage," says naturopath Penelope Sach, adding, "This is why you often find extractions of the tea's polyphenols in facial creams." Sach advises drinking three cups a day, avoiding it in the evening due to caffeine. Also try a daily cup of roasted dandelion tea, which Sach says is good for the liver, "an important organ that keeps skin looking vibrant."

3

SPICE THINGS UP

"For glowing skin, you need great circulation, which delivers oxygen and nutrients to cells, nourishing and renewing them," says Melbourne naturopath, Emily Bradley. For better blood flow, she recommends spices such as chilli, cardamom, ginger and curry powder.

4

GO WILD FOR OATS

Oats aren't just good for your waistline—they're also a combination of proteins, which act as a barrier to protect skin, as well as lipids, which keep skin hydrated. "Oats are a natural anti-inflammatory," adds Greg Goodman, Associate Professor at the Dermatology Institute of Victoria. "They are anti-fungal and anti-itch, so they soothe and heal irritated skin." For a hydrating effect, try a formula like Aveeno (right) which contains natural oats.



Aveeno Daily Moisturising Lotion, \$12.99; 1800 029 979