

BEAUTY



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Re-surface skin

A look at ways to re-surface your skin at home.

Most women use moisturiser with some kind of anti-ageing benefit but when skin starts to look bumpy and grey sometimes a little more oomph is needed. A spa trip is great for getting that radiance back but if you haven't got the time there are many products which can help with skin re-texturing.

NuSkin ageLOC Edition Nu Skin Galvanic Spa System II is one option and should be used in conjunction with the Nu Skin Facial Gels with ageLOC®. There are two gels to apply, the first of which helps remove impurities from the skin so it can breathe more easily. The second treatment gel boasts the company's ageLOC® technology, which helps slow down the signs of ageing. The first product is applied and then the spa system instrument is passed over the face, with galvanic charges helping deliver the anti-ageing benefits from the gels into the skin. The Galvanic Spa System emits either a positive or negative current depending on how its set, meaning it will pull impurities out of your skin by attracting them or push the treatment deep into skin by repelling it. This sounds trickier than it is, as the Galvanic Spa System is pre-

programmed and will even decide how much current to send through your skin depending on how hydrated it is.

Once your first gel has been applied, remove any excess with a damp cloth and then repeat the process with the second. When used together the products boost cell rejuvenation, eliminate toxins and impurities and help shrink pores. Having tested this we were surprised by just how much it improved the look of our skin. It was plumper, softer and pores were visibly reduced, while make-up seemed to sit better and there was no tightness or discomfort. Fine lines were also reduced, plus there are different plates which can be attached to help target the delicate eye area, body and even hair.

If it's a real deep cleanse you are after, the Clarisonic Mia 2 could be a good option. This uses sonic frequency to clean, soften and smooth skin. Simply apply a cleanser to the head of the machine and then rest it against your face, moving in small circles. Within 60 seconds all traces of make-up and sebum should be gone - it's claimed to be six times better than a manual cleanse. Users have reported this helps skin look smoother and more radiant and can also ease spots and scars, plus products applied afterwards sink in quicker so skin is more moisturised.

If you're still unsure about splashing out, try The Body Shop Facial Massager. It's a small tool which is wheeled over the face and helps get rid of lumps and bumps, tighten the under chin area and helps moisturiser absorb quicker.

There are a raft of creams which can help improve the skin's texture too. Microdermabrasion is the term used for the application of rough grains to slough away the surface of skin, which is replaced with new and healthy cells. This used to be part of the facial process, but there are products which help you get a similar effect at home. Kiehl's Epidermal Re-Texturizing Micro-Dermabrasion is a polishing cream which offers deep exfoliation. Regular use will help the skin look clearer, while fine lines and discolouration should also be diminished. Mary Kay TimeWise Microdermabrasion products are a two-step process which fight wrinkles and increased pore size, leaving skin silky smooth. The first is applied to 'refine' the skin while the second 'replenishes' and users have been glowing about it, with some claiming it helped improve the look of acne. Although it is big on results this one is kind to the skin and suitable for even sensitive ladies.