

BEAUTY

NEW YEAR, FRESH FACE

A change in the season means a change to your skin-care regimen. Beauty writer Caitlin Kenny discovers how you can put your best face forward in 2012



In winter, Jessica Biel turns to a luxe moisturizer at night to keep her skin glowing.

Start the new year with a resolution to take better care of your body's biggest organ, your skin. "The mistake many people make is finding a skin-care program they like, and then just using it for the rest of their lives," says Dr. Frank Lista, a plastic surgeon and co-founder of the skin-care line Miracle10. "That might be OK if you live in Florida, but we live in Canada. You need to change your skin care like you need to change the types of clothes you wear outside." Whether this season dries you out or causes breakouts, *Hello! Canada* shows you the way to unveil gorgeous skin.



Darphin Hydraskin Serum, \$75, Holt Renfrew, darphin.com



Nuxe Crème Prodigieuse Nuit Anti-Fatigue Moisturizing Cream, \$33, [the Bay](http://thebay.com), nuxe.com

Nivea Visage Pure & Natural Cleansing Lotion, \$11, drugstores, nivea.ca

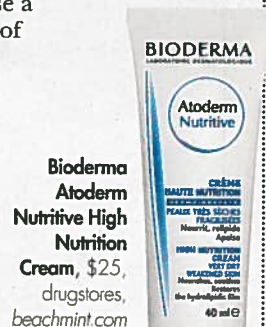


THE CONDITION Dry, dull skin

THE CURE In the winter, because your skin is drier and more brittle, you need to lock in moisture and avoid harsh products.

- 1 Steer clear of soap, which contains harsh detergents that foam to break down dirt. "The key is to use a really gentle cleanser, like a gel or milk," recommends Dr. Lista.
- 2 "Dry skin needs more exfoliation than oily skin because dry skin tends to have a slower cellular turnover," explains Dr. Lista. This means that dead skin cells sit on the surface longer, giving skin a dull finish. To restore radiance, use a gentle toner that contains a low concentration of an alpha hydroxy acid, such as glycolic acid, which helps shed dead cells.
- 3 Switching between the frigid outdoors and central heating can zap skin of moisture. "Choose a lipid-based moisturizer to help occlude the skin and prevent further evaporation," advises Dr. Anatoli Freiman, medical director of the Toronto Dermatology Centre. For an extra boost, layer a hydrating serum under a rich moisturizer at night.

NeoStrata Invigorating Solution, \$38, drugstores, neostrata.ca



Bioderma Atoderm Nutritive High Nutrition Cream, \$25, drugstores, beachmint.com

THE CONDITION

Oily, acne-prone skin

THE CURE “Generally, oily skin tends to be thicker, so you can be vigorous with everything except moisturizer, which should be light,” says Dr. Lista, “but even oily skin needs moisture.”

1 Beware of over washing. Stripping away everything can actually cause an increase in oil production. Instead, lather up twice a day with a cleanser designed for acne-prone skin.

2 Look for products with salicylic acid, which is ideal for exfoliating oily skin because it's fat-soluble. “Salicylic acid can go through oil and better penetrate the skin,” explains Dr. Lista. After cleansing, use an astringent with this key ingredient to clear away dead cells and relieve clogged pores.

3 Avoid ultra-rich moisturizing formulas. “Oily skin types need moisture delivered in a way that won't make acne worse,” says Dr. Lista. Dr. Freiman recommends using a non-comedogenic water-based formula. Try a lightweight gel to keep skin quenched without blocking pores.



Zo Skin Health
by Dr. Zein
Obagi Effects
TE-Pads, \$54,
zoskinhealth.ca



St. Ives
Naturally Clear
Green Tea
Cleanser, \$5,
drugstores,
stives.ca

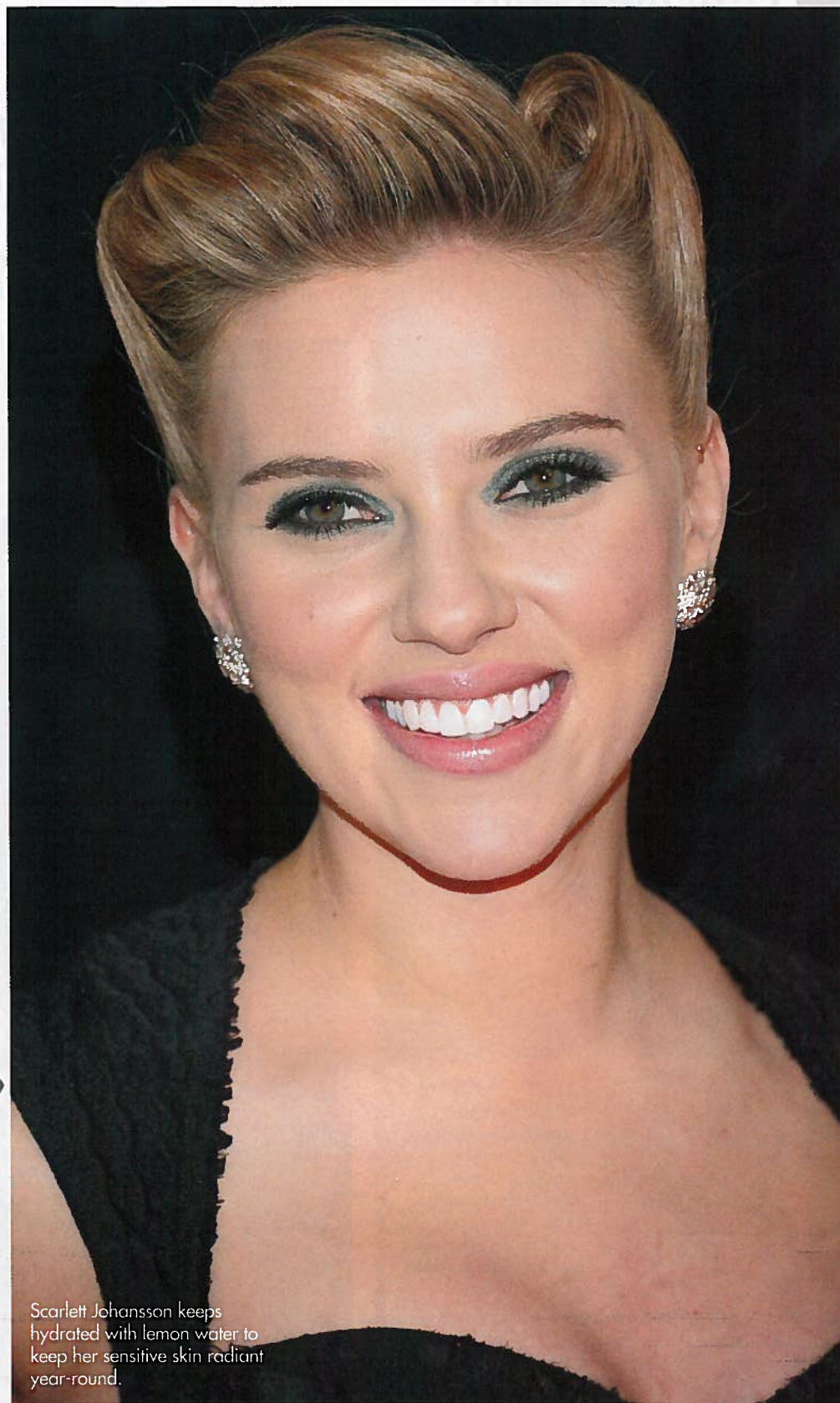
Marcelle Hydra-C
Energizing
Hydrating Gel,
\$24, drugstores,
marcelle.com



Neutrogena Oil-Free Acne
Wash Pink Grapefruit
Facial Cleanser, \$11,
drugstores, neutrogena.ca



Miracle10
Solution II Extra
Strength
Clarifying
Solution, \$40,
Miracle10 Skin
Care Boutique,
miracle10.com



Scarlett Johansson keeps hydrated with lemon water to keep her sensitive skin radiant year-round.

Solar POWER

Regardless of the season or your skin type, there's one thing that should always be part of a skin-care plan: sunscreen. “People forget that it's still sunny in the winter, and there's a lot of reflection from the snow,” says Dr. Freiman, who recommends protecting skin with SPF 30 or higher year-round.