



**THIS MONTH IN
BEAUTY**
BY ATHENA MCKENZIE

Save Your Skin

WHEN THE WEATHER outside is frightful, a long, hot shower may sound delightful, but it's only going to aggravate dry skin. While it's essential to use rich, thick creams, Dr. Benjamin Barankin, medical director of the Toronto Dermatology Centre, advises that winter skin care should start with changing up your shower routine. "Older skin is more susceptible to dehydration since it produces less oils and naturally self-moisturizes less," he says. First off, he recommends turning down the water temperature, as hot water strips natural oils from the skin. Then, substitute milder soaps and cleansers, like Dove products for sensitive skin. And as good as it feels to relax under the spray, don't linger for more than 10 minutes. Be sure to pat dry with your towel, as rubbing will also take away the oils on the skin, which "is thinner and more fragile" due to aging. This is exacerbated for some "due to the effects of years of pollution, sun damage and smoking – first- or second-hand – along with various medications." Be sure to moisturize head to toe within three minutes of stepping out of the shower and cover up quickly with a robe or your clothes to keep the moisture in and allow it to penetrate deeply. Barankin also suggests getting a cool-air humidifier for your bedroom. "It adds moisture to the air, which goes back into the skin. If it was warm air, it could make the skin itchier as that can cause sweating. Since we spend eight hours or so in the bedroom, it's a great opportunity to add moisture back into skin with little effort."

Editor's Picks



1 UV rays damage all year. Use *Neutrogena Healthy Defense SPF 45 Daily Moisturizer*, \$17



2 Apply under socks to let Dead Sea minerals soak in and heal. *AHAVA Foot Cream*, \$26



3 Pamper hands with this lush honey balm. *Nuxe Paris Rêve de Miel Hand & Nail Cream*, \$17



4 A thick, rich body butter with a citrus scent that's addictive. *Biotherm Beurre Corperel*, \$37

MANI MANIA

It's time to rename the Lipstick Index – the term used to describe increased cosmetics sales during a recession. Seems nail polish is now the luxury splurge item of choice, with sales soaring 54 per cent in the past year. Clockwise from top: *Lancôme Saint-Honoré*, \$16 ; *YSL Black Lapis*, \$26; *Dior Apparat*, \$24; *Chanel Peridot*, \$26

MAGIC WAND

Treat yourself to this no-clump lengthening mascara and add a touch of Burberry's distinctive plaid, in chrome no less, to your makeup bag. We can't resist the sleek design. *Burberry Effortless Mascara*, \$36



SILVER BELLES

Grey hair can pick up pigments from the environment, making it look yellowish and dull. Try washing with these specially formulated shampoos that neutralize discoloration and highlight those silvery tones. *Finesse Silver Beauty Shampoo and Conditioner*, \$4 each

PHOTOGRAPHY: MICHAEL O'NEILL FOR VANITY FAIR; CORBIS (WALTERS); JULIE MATUS (NEUTROGENA, NUXE, BIODERMA, FINESSE, LANCÔME, YSL, DIOR, CHANEL)