

# BOOST YOUR CLEANSE

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- 1 Amazing Face Vit C Intense Daily Serum £49 [emmahardie.com](http://emmahardie.com)  
 2 Clean Your Skin Cleansing Oil £45 [votary.co.uk](http://votary.co.uk)  
 3 Nourishing Omega-Rich Cleansing Oil £29.50 [elemis.com](http://elemis.com)  
 4 Custom Infusion Drops F + Neroli – Hydration £40 [Cover FX](http://coverfx.com)  
 5 Overnight Exfoliating Booster £58 [sarahchapman.net](http://sarahchapman.net)  
 6 Mega-Mushroom Skin Relief Micellar Cleanser £27.50 [Dr Andrew Weil for origins.co.uk](http://DrAndrewWeil.com)

TAKE SKIN FROM CLEAN TO “HAVE YOU HAD A FACIAL?” WITH THESE GENIUS SWITCH-UPS, SAYS GRACE TIMOTHY

OK, so you've got your dream cleanser to suit your skin type, and you've got your routine down pat. But with just a couple of tweaks, your skin can really sparkle. ►



**Normaderm 3-In-1  
Cleanser** £12 Vichy

## 3 GAME-CHANGING CLEANSERS

- **Normaderm 3-In-1 Cleanser** £12 Vichy
- **Take The Day Off Cleansing Balm** £22 clinique.co.uk
- **Light Time Cleanse & Glow** £30 thisworks.com

## BE MORE THOROUGH

"There is a patch under the chin that often gets missed and can therefore be blackhead prone," says Sarah. "Also pay careful attention to the sides of the nose, as well as behind the ears, to avoid blackheads and dead-cell build-up."



**Light Time Cleanse & Glow** £30  
thisworks.com

## USE A CLOTH

- 1 "I use a flannel as part of my cleanse," says make-up artist Arabella Preston. "A proper cotton flannel holds its shape and the heat better than a muslin, so I find it makes for better exfoliation and a deep clean, removing all the product from my skin." **Clean Your Skin Cleansing Oil** (with cotton face cloth) £45 votary.co.uk
- 2 "Always remove your cleanser in cross-hatched, downward strokes with your cloth, making sure you support the skin with the other hand," says facialist Emma Hardie. "This helps stimulate the drainage of toxins and fluids at the lower layers of your skin, reducing puffiness."
- 3 "For a deep cleanse, leave your cleanser on as a mask while you bathe, or press a hot cloth over the cleanser on your face to 'steam in'," says facialist Sarah Chapman. "Make sure you wash your cloths regularly, though, as they can provide a nice breeding ground for bacteria – especially if you are prone to breakouts."

## PERSONALISE YOUR CLEANSER

"Customise your regular cleansers to accommodate the subtle changes in your skin," says Sarah.

- 1 "If you are getting a little blocked, add an exfoliating booster to your cleanser to help decongest." **Overnight Exfoliating Booster** £58 sarahchapman.net
- 2 "For extra brightening, add a vitamin C serum." **Amazing Face Vit C Intense Daily Serum** £49 emmahardie.com
- 3 "For dry skin, add an oil, or else switch to an oil or balm cleanser." **Custom Infusion Drops F + Neroli – Hydration** £40 Cover FX.



**Take The Day Off  
Cleansing Balm**  
£22 clinique.co.uk

## DOUBLE YOUR EFFORTS

"One of the main things that people tend to forget is to remove make-up before cleansing," says Dr Tom Mammone, executive director of skin physiology and pharmacology for Clinique Research & Development Worldwide. "Not removing make-up before cleansing would be like showering with your clothes on," adds Tom. "Either pre-cleanse with an oil, or sweep clean with a micellar water before cleansing," advises Sarah. **Mega-Mushroom Skin Relief Micellar Cleanser** Dr Andrew Weil for origins.co.uk; **Nourishing Omega-Rich Cleansing Oil** £29.50 elemis.com