

Spring clean your skin... with our guide to true radiance

Spring is here at last...and our beauty habits need a fresh look. Facing up to the new season couldn't be easier with our Skin Care guide!

Face DIY

Here are five easy ways to help improve your skin

1 Beauty sleep really does exist! 8 hours of quality sleep a night is one of the best presents you can give your skin. After a good night's sleep your skin will look revived, glowing and ready to face whatever life throws at it.



Exfoliation

The secret to revitalised skin

Revitalising your skin is actually very simple. By using New Turnaround Concentrate Visible Skin Renewer and Turnaround 15-Minute Facial you can achieve radiant skin for the coming Spring months.

Exfoliation is the natural process by which skin renews itself, shedding dead cells to reveal young, fresh, healthy cells underneath.

During the winter months the skin's natural exfoliating abilities can decline, resulting in a sluggish cell turnover and leaving skin looking dull, feeling tougher, with lines more pronounced.

Mild exfoliation as part of your daily beauty routine improves the surface appearance and the function of the skin - resulting in clearer, smoother, more even skin-tone and a fresher, radiant complexion.

2 Water is a giver of life. Like potplants our skin needs watering to keep it alive and healthy. Get into the habit of drinking 1.5 litres of water a day and your skin will look radiant!

3 There really are just 3 steps to perfect skin. The 3-Step 'cleanse, exfoliate and moisturise' ritual is a classic that's never been bettered. Clinique's legendary 3-Step System has been around for forty years and has stood the test of time. Our skin hasn't changed, so why should our beauty habits? Using Facial Soap (available in both



Classic bar and Liquid form), Clarifying Lotion and Dramatically Different Moisturizing Lotion or Gel, on a daily basis will maintain fantastic looking skin all day, every day.

4 The 'five a day' fruit and vegetable rule isn't just about keeping you in good health.

Ensuring you get the right nutrients also brings a benefit for your skin.

Feeding your skin with vitamin A, vitamin E, good oils and omega-three fatty acids, will improve skin elasticity, health, texture and give you an unbeatable radiance. You really are what you eat.

5 Exfoliate, exfoliate, exfoliate! Renewing your skin cells using a mild exfoliant twice daily is better than using a harsh exfoliant once a week.

To exfoliate quickly and effortlessly, try Clinique's new Turnaround products which are gentle and granule free, so less abrasive than manual exfoliators.

New Turnaround Concentrate Visible Skin Renewer and Turnaround 15-Minute Facial mimic and support the skin's natural renewal cycle, and speed fresh cells to the surface. The result? The natural radiance you've always wanted.

Facing up to Spring doesn't seem so hard after all...

Saving face

Blame it on the weather: it's time to give our skin some much needed TLC

Winter is the worst time of year for our skin. During the winter months our complexion has an ongoing battle with cold, harsh weather conditions and suffocating central heating, both of which deplete the skin of essential moisture. It's no wonder we experience dry, flaky patches and unsightly redness - however hard we've tried to look after ourselves. But it's not all bad news: with a little love and TLC it's easy to get our skin into shape and back to its glowing best. Now is the time to assess our beauty habits and embark on a revitalizing Spring clean for our skin. It's not just your wardrobe that needs a rethink.



CLINIQUE

Spring clean with Clinique

SPECIAL READER OFFER

Squeeze this one into your weekend shopping trip: visit any Clinique counter and on purchase of any product from Clinique's unique 3-Step System you'll receive deluxe custom-fit samples of the other two Steps, absolutely free.

How's that for a beautiful bargain?

One sample set per customer, while stocks last.

For further information on the Clinique 3-Step System
visit www.clinique.co.uk

