

INDULGE

beauty spring is in the air



By CRAIG LAWSON

IT'S just about spring! That sounded so good, let's say it again - it's just about spring. Winter definitely takes its toll on your skin and just like your wardrobe it requires a spring clean. Beyond the Fringe beauty therapist Tash Voorkamp says coming out of winter is an important time for your skin. "Assess your skincare routine and prepare for the change in season," she says.

Make sure you cleanse, tone and moisturise every day. Find the best products to suit your skin and change them on a regular basis. Don't use soap as it will strip your skin of essential oils and dry out your skin. If you are not sure about what products to use, get advice from a skincare specialist or ask at the local beauty counter.

Drinking plenty of water can help to keep your skin clear too. "You need fluid that will hydrate and flush your skin free of toxins. Make sure you are drinking at least eight glasses a day," Ms Voorkamp says.

Exfoliate your skin every few days but at least once a week. This will remove dead skin, leaving your face feeling soft and smooth. For a cheap alternative you can try some natural rolled oats mixed with a little water and gently rub over your face. Also, to protect yourself

from the sun, make sure you always wear sunscreen. "Apply your sunscreen even if you are only making a quick trip to the grocery store. Yes, you can get harmful UV rays even while driving your car," she says.

With spring only three weeks away, let's get your skin glowing.

DIY recipes from smartskinicare.com
Sometimes simple can be better. Do-it-yourself home recipes have become a popular way to refresh your skin.

And the great thing is they are easy to make. **Easy facial**
Can make skin smoother and helps if pimples are a problem.

Ingredients:
1 Tbsp honey, 1 egg yolk, 1 tsp olive oil
How to prepare:
Beat the egg yolk with a fork, add the oil and blend well. Add the honey using a spoon that you have rinsed with hot water and blend well again.

How to use:
Cover face, except your eyes. Leave it on your face for 15 minutes and then rinse it off.

Easy mask
Can leave skin soft and clean after use.

Ingredients:
1/2 cup of oats; 1 cup of milk; 3 Tbsp of honey
How to prepare:
Warm the milk and add the oatmeal just as you would if you were going to eat it. Add 3 Tbsp honey, or enough to make the mixture sticky. You can also add a few drops of lavender essential oil.

How to use:
Apply to face and let it dry. Wash it off with warm water. Leftover mixture can be stored in the refrigerator for a few days.



Za:
True White 5 essence masks
This full-face brightening mask delivers moisture and brightening ingredients to the depths of your skin, leaving your skin feeling great and more luminous. \$29.50 from H&J Smith.



Clarins:
HydraQuench Cream-Mask
Provides instant comfort and reinforced hydration, regardless of your age and skin type. Perfect for this time of year. \$76 from H & J Smith.



Nimue:
Clarifying Mask
Hydrating to benefit the skin and helping to retain moisture. Leaving you with soft, clear and refreshed skin. \$79 from Beyond the Fringe.



earth sense:
Clay face mask with lavender oil. With tiny pumice granules to gently exfoliate the skin, and lavender oil to encourage relaxation. Ideal for sensitive skin. \$14.99 from Woolworths.

naughty or nice

Which one will you be this weekend?

naughty



Cheeky monkey:
30ml vodka
30ml Vok banana liqueur
30ml butterscotch
Small amount of cream on top
Decorate with chocolate sauce
Ice cubes
And after a couple of these it's compulsory to dance around like a monkey.

or

nice



Sweet Tooth:
Apple juice
Pineapple juice
Cranberry juice
Use equal amounts of each
Top with passionfruit sauce
As if you aren't sweet enough already.

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