



Beautiful skin the easy way Banish bad habits Did you know that sleeping in your make-up can age your skin by as much as eight days? Keep a set of face-wipes handy on your bedside table – that way you can wipe off all traces of make-up with ease at the end of a long day and be a regular sleeping beauty.

Easy as 1, 2, 3! Kick-start a simple skincare routine and you'll soon reap the rewards. Cleanse, tone and moisturise your skin in the morning and evening to banish any impurities and keep skin perfectly pure.

Stay faithful We're all guilty of swapping products and mixing and matching, but sticking to one type of product for the duration will help your skin settle. Try to stay with one range for six weeks to properly determine if it's right for you before moving onto the next lotion.

[Originally published in Abu Dhabi Week vol 2 issue 18]