

- Aesthetics

Diet and regular exercise important

The Press · 26 May 2022 · 24

You can't argue with the old saying, 'beauty is only skin deep'. True beauty has its roots in good health, so all the lotions, potions and science in the world won't make you beautiful, if your lifestyle is unhealthy.



We know it can be hard to maintain a healthy diet and regular exercise in winter, but it's worth making the effort to eat an abundance of fresh, unprocessed foods, drink lots of water, get enough sleep, and exercise regularly. Once you've got the lifestyle sorted, there are many ways to help yourself look and feel even better, from simple DIY beauty tricks, to specialist treatments at reputable clinics.

BROWS

Eyebrows frame your face, but if you weren't born with thick, well-shaped brows, or find they are thinning as you age, all is not lost.

Brow powders and pencils are a great way to fill in gaps, and some products even come with a template to achieve the perfect arch, others are a two-step process using both wax and powder. If you yearn for really professional brows, check out micro-blading, which lasts for several months if you look after them.

LIPS

Winter is synonymous with dry lips, particularly if you live or work with fires or heat pumps. Flaky lips can quickly turn into painful cracked lips, made worse by licking, salty foods and matte lipstick.

There are many ways (and products) to help dry lips, but a prolonged condition even after treatment could be a sign of health issues. Lips don't have oil glands, so no natural moisturiser.

Most importantly, drink lots of water to stay hydrated. Ointment-based lipbalm with an SPF15 is crucial, as lips can be damaged by sun, even in winter.

Avoid products with artificial flavours, colours or fragrances, or petroleum based products. Exfoliating helps, too. Use a soft, damp toothbrush or flannel, or buy a gentle lip scrub, but don't use a scrub or peel more than twice a week.

Lip masks are also a thing; apply them and leave on overnight. If you wear lipstick, try a lip primer underneath condition and soften lips and hold the lipstick in place longer.

Some lipsticks are hydrating, adding moisture with colour. Another on-trend product is a 'crushed' lip gloss or balm, which moisturise while adding a hint of colour.

PUFFY EYES

Often wake up with puffy eyes? This can be caused by excess skin, fat, salt or fluid. Bags caused by fluid tends to improve over the day, and can be associated with sinus problems. It's hard to treat, but try avoiding salty foods, smoking and excess alcohol.

Cold cucumber slices or cold, damp chamomile tea bags can help; leave on the eyes for as long as you can. Drinking lots of water will also help flush out toxins that can exacerbate puffy eyes. Another professional tip is to store eye creams and gels in the fridge to soothe and tighten the skin.

Dark circles under the eye are also a problem for many people. They can be caused by skin pigmentation, shadowing, or very thin skin making the colour of the blood vessels underneath visible.

Pigmentation is not easy to treat; gentle fading creams can help but get professional advice first.

GREY HAIR

Who says you have to dye grey hair? Most people do, but an increasing number of people are going au naturel, and couldn't care less what others think. If you've noticed a few grey hairs, but don't really want the hassle or expense of maintaining a dye job for the next however many years, see if you can live with it. A smart haircut or hairstyle is a must, though, if you don't want to look drab and old before your time.