

style + beauty

Glow from top to toe

SHINY HAIR, FLAWLESS SKIN, SMOOTH LEGS,
STRONG NAILS AND A HIGH-WATTAGE SMILE
—WHY SETTLE FOR JUST ONE WHEN
YOU CAN HAVE IT ALL? TRY OUR AGE-DEFYING,
DECADE-BY-DECADE GUIDE TO GETTING
GORGEOUS ALL OVER...FOR GOOD.

By Yi-Hwa Hanna



FACE, NECK AND DÉCOLLETAGE

In 2012, the global market for anti-ageing products and services was valued at US \$249.3 billion, and according to BCC Research and Report, this figure is expected to reach US \$345.8 billion in 2018. The allure of eternal youth is one that is only set to keep booming, particularly since we are inundated with reports of 40 being the new 20. An increasing numbers of women defy societal expectations, settling down and taking on major career shifts later in life, and generally putting paid to the concept that we have to accept that we're "old" upon reaching a certain age. After all, age is just a number, isn't it?

Yet while our attitudes and mindsets may change, the ageing of our skin is something that won't just stop on its own—at least, not without a little help. Fortunately, modern science has brought about new discoveries that can help us practically defy nature, with increasingly effective ways to combat the slide of youth. "The collagen in our skin actually starts declining in our 20's, and the first signs are fine lines around the eyes, neck

and forehead. In our 30's, uneven skin tone starts to appear along with loss of elasticity. Also, the wrinkles become deeper and sagging can be visible," says Margo Marrone, founder of The Organic Pharmacy. Over time, skin begins to lose its elasticity, our pores increase in size, fine lines and deep wrinkles develop, and halos begin to form around our eyes and temples, says Dermatologist and *WHME* Advisory Board member Huda Al Saffar.

Our eyes are one of the first places on the face to show signs of ageing. "Skin in this area is very thin and prone to lots of movement through facial expression," says Sandra Friedli, Education Manager for Dermalogica Middle East, who also warns that sun and UV exposure is one of the biggest culprits in causing premature ageing of the skin, as it breaks down and damages our collagen and elastin levels. "Sun can [also] cause hyperpigmentation, often referred to as 'age spots,'" she says.

While the average skin cycle in our 20's is 28 days, as we grow older this process begins to slow down. "This slower cell turnover can contribute to a dull, lacklustre skin, which may have areas of roughness and dryness," Sandra says. Maintaining a steady, healthy weight is another key component in your anti-ageing regime: A loss of fat below the skin in cheeks, temples, chin, nose and eye area may result in loosening skin, and

QUICK TIP

When you're applying under-eye serums, make sure you're doing so correctly or you'll risk pulling the thin, delicate skin around your eyes, potentially leading to wrinkles. "For the under-eye area, it's better to use the tap method with your ring finger, or using a Q-Tip applicator," Margo advises. As your fourth finger is the weakest, you'll be less likely to exert excess pressure and pull on the skin.

while this typically tends to come with age, losing and gaining weight can also reduce the tautness of skin and result in a tired look, warns Mona Syed-Mirza, a Licensed Medical Aesthetician and Clinic Director of Biolite Aesthetic Clinic. It all sounds very intimidating, but experts say maintaining beautiful, glowing skin is simply a question of dedicating yourself to taking care of it, and knowing what to start doing and when. Not sure where to begin? We're here to help you suss it out.



Gentle Giant

Cleanse, tone, moisturise and protect skin with Ren's age-defying Rose Centifolia line, from Dhs250.

Get Radical

Radical Skincare's Age-Defying Exfoliating Pads (Dhs350) gently support natural cell turnover & renewal.

Double Duty

Correct colour imperfections while protecting from the sun's rays with Dr. Dennis Gross's CC Cream (Dhs185 at BasharaCare.com).

Cream Dream

Hydrate deeply with Clarins' Super Restorative Day Cream (Dhs557).

Reset & Restore

Restore radiance with Skincare20 Cosmetics Retinol's Creams (Dhs125).

Eye Spy

Boots No. 7's Beautiful Skin Overnight Eye Balm (Dhs80) will refresh tired eyes and depuff eye bags.

Pores Be Gone

Mattify pores with Dior's Hydra-Life Close-Up hydrator (Dhs370).

BAD BEAUTY HABITS TO BREAK NOW

Whether you're in your 20's, 30's or 40's, it's not too late to change these easy-to-make mistakes, according to Dermatologist and *WHME* Advisory Board Member Huda Al Saffar.

- Tanning
- Too many facials
- Not using sunscreen
- Trying to use products that don't suit your skin type
- Taking hot showers for more than 30 minutes at a time
- Sleeping with your makeup on
- Using moisturiser on unclean skin
- Using too much toothpaste when brushing your teeth
- Licking your lips too much

In your 20's, daily sunscreen is a must. Moisturise with products containing hyaluronic acid or Vitamin C, and apply retinol or retinoids-containing products once a week at night, says Huda. Margo also warns against over-exfoliating: "Those with grains scratch skin, causing irritation, sensitivity and damage." Try The Organic Pharmacy's Enzyme Peel Mask (Dhs295), or Dermalogica's Daily Microfoliant (Dhs245). If you're considering Botox or fillers, your 30's is the time to begin. "Wrinkles around your eyes, chin, forehead, mid-cheek and nasolabial folds begin to show at this stage," Huda says. "In our 30's our skin starts to slow down its renewal. Up your exfoliation to twice a week, and start using an anti-ageing serum that will boost collagen production!" says Margo. This is when we also start seeing structural changes in our skin, which can include hyperpigmentation, fine lines and increased dehydration. "As we age, our

skin produces less sebum, and thus we need to replenish it," Sandra explains. We like Dermalogica's MultiVitamin Power Serum (Dhs348), and Clarins Double Serum Complete Age Control (Dhs510).

When we're in our 40's, we should be well acquainted with our skin type. Your mouth begins to show "sad mouth" lines, and wrinkles start to appear on your neck. "The neck and décolletage should be treated exactly the same as the face," Margo advises—apply rich creams with firm, upward strokes. This is also when many women start seeing the effects of menopause: "Our bodies are dramatically affected by [the] fluctuating hormone levels. Skin can become very erratic and you may experience everything from hot flashes to breakouts!" Sandra says.

MAKE-UP MAGIC

"Your skin can get a little drier as [you get older], so make sure that you adjust formulas accordingly. While a creamy foundation may have been too greasy for your 20's, it's great for your 40's," says Makeup Artist and Beauty Blogger, Aseya Atiq. She suggests experimenting with new looks in your 20's, then in your 30's, using more brightening concealer on under-eyes and inner corners (they tend to darken), and rosier colours on lips and cheeks, as they tend to lose vibrance as we age. As our brows tend to become sparse over time, Najla Kaddour, Makeup Artist for Rimmel Middle East, suggests keeping them well-defined: "They're the arch that supports your facial features. An angled brush at the ends will help blend in heavy edges for a more natural look." And don't forget to contour, she says: "Call it a shortcut to a facelift. Simply lift off the cheek and define the jawline and you're set!"

NATURAL OR NOT?

There are so many new ingredients and so much information out there it can be hard to decide whether to go down the route of synthetically-created ingredients or if we should opt for natural products instead. "We hear all sorts of conflicting things today in the media about what is right and

wrong for our skin and body, often leaving us confused," says Mona Syed-Mirza, Clinic Director of Biolite Aesthetic Clinic. "Frankly speaking, it's very simple: If your skin is well-nourished, hydrated and you wear sun protection and let your skin breathe, it shouldn't matter what brand, or what specific ingredients you wear. It's sexy to say 'Go Organic'

right now, but some organic skincare lacks performance, and you may need much more especially if you're in your mid-30's or older. It's essential to get advice from a specialist, as which products you use will depend largely on what your skin requires. Finally, skin care products alone will not [always] tighten and lift the skin," she says.

HAIR

Often forgotten about in lieu of skincare when it comes to anti-ageing efforts, a mane full of shiny, silky and voluminous

hair is a clear sign of health—and youth. Unfortunately it does tend to get thinner as we age. "A common misconception is that grey hair is coarser, but in fact grey hairs are usually finer in diameter. This is because oil glands tend to produce less sebum as you get older, which dries the hair, giving you the appearance of coarseness," says Trichologist Mike Ryan, a *WHME* Advisory Board Member, founder of Dubai Hair Doctor and Brand Ambassador for Clear at Unilever Arabia.

Regardless of our age, the fastest track to gorgeous hair starts in the kitchen: According to Mike, a healthy diet is the way forward for maintaining beautiful hair through your 20's to 40's, with iron deficiency being a common underlying cause of hair loss in women. "Correct iron and ferritin (stored iron) levels are essential to hair growth as they support healthy hair proliferation and help to help your hair in the growing (anagen) phase. Iron deficiency anaemia, be it mild or severe, can cause your hair to enter the shedding (telogen) phase sooner than it should, leaving you with excessive hair fall as well as hair not growing to the length it used to," Mike says. The RDA for iron is 18mg for adult women; to increase your levels, good sources include red meat, leafy dark green vegetables such as spinach, soybeans, pumpkin seeds, white beans, lentils, nuts, clams and oysters.

Keeping your hair clean is another fundamental aspect of healthy hair—much like washing our faces, regular cleansing keeps it fresh, nourished and in good condition. "You wash or cleanse your face every day to keep skin looking its best—your hair goes to all the same places so it too needs daily care. Don't believe the myth that frequent shampooing dries your hair, as with the correct products for your hair type it actually re-moisturises it," Mike says, adding that it's also important to remember to care for our scalp. "A healthy scalp will produce healthy hair. Try my Scalp Cleanse, which stimulates it to improve hair texture, as well as the Wheat Treatment," he advises. With so many choices out there in modern-day haircare, it can be tough to know which products to choose—particularly when it comes

HAUTE HAIR: THE GOLDEN RULES

The verdict is in: Hair cannot be repaired once it has been damaged.

"Fortunately, hair continues to grow so the new hair will not be damaged unless you continue your [harmful] regime," Mike says. Keep your tresses strong, shiny and beautiful with these simple and straightforward tips:

- Keep it clean (daily)
- Eat a balanced diet of proteins and complex carbs
- Do not chemically over-process it
- At the first sign that it's not how it used to be, get it checked
- Enjoy your luscious locks!

to options that are presented as being better for us due to natural ingredient formulations. "Beware of marketing hype. All shampoos are chemicals and there is no such thing as a natural shampoo. Natural is not always good—a bee sting is natural but not pleasant!" Mike warns, adding: "A shampoo is mainly water followed by a complicated list of chemicals to foam, preserve, perfume and cleanse the scalp. Look for sodium on the ingredient list—any ingredients below that, that claim to be wondrous for your hair, are more than likely to have very little impact in the end."



WASH AND GO

Mike's first and foremost rule for hair-washing? Ensure that all trace of previous styling products has been thoroughly removed. Cleansing methods are prone to mistakes that can make a big difference in our hair condition: "We shampoo alone, [and] there is no one to correct your mistakes," he says. Since, as Mike points out, we don't tend to observe others doing so to learn from them or question their technique, try his easy guide:

PRE-SHAMPOO

All hair types will benefit from a conditioning treatment applied before shampoo onto dampened hair, left in for approximately 15 minutes. The aim is to moisturise the hair from within, penetrating deep under the cuticles to

moisturise, condition and strengthen, helping to protect hair from weathering and chemical damage caused during processing such as colouring, straightening and perming. "Cationic conditioners are particularly effective as they deposit a molecular layer of ingredients onto the hair surface, as well as neutralising static and improving comb-through and shine," Mike says.

DETANGLE

Just before washing, detangle hair by running a wide-toothed comb through it all, starting at the ends and working up the strands. "Use a 'saw-cut' comb, in which each tooth is cut into it, making it smoother. They're available in plastic or vulcanite (hard rubber)—avoid cheap plastic combs made

from a mould as they can cut into the hair. Metal combs are even worse as their edges can lacerate the hair," Mike says.

PRE-SOAKING

Thoroughly wet hair needs less shampoo. Use warm water and gently draw your fingers through your hair as the water is flowing over it.

SHAMPOO AND LATHER

Don't pour shampoo directly on to the hair—pour it onto the palm of your hand, rub hands together and smooth it over instead. Massage the scalp with your fingertips in a kneading motion. Continue this gentle massaging action for approximately 30 seconds, and every so often run your fingers from front to back in order to avoid tangling. If washing daily, only one shampoo is necessary.

RINSING

"When you think it has been rinsed enough, rinse again," Mike says, explaining that dull hair is often caused by insufficient rinsing. "There's no need to finish off a rinse with cold water," he adds.

CONDITIONING

Mike advises always using an after-shampoo conditioner, whatever your hair type. Pour a small quantity into the palm of your hand, rub hands together and smooth it over your hair, paying particular attention to the ends. Don't rub it into your scalp or use condition on the hair near the scalp, then rinse immediately. "Many people believe that leaving conditioner in your hair is better for it. That is a false myth—a well-formulated conditioner should act immediately," he says.

SMILE

Even if our mouths may do all of our talking, they don't have to tell anyone our age—pretty, pearly-white teeth and soft, luscious lips can brighten up your entire face. Regular exfoliation and moisturising of the lips can keep them plush and kissable (dry lips look thinner and more wrinkled)—we love Julie Hewett's Camellia Balm (Dhs92), Kiehl's Lip Balm #1 (Dhs60) and Figs & Rouge 100% Organic Lip Balm (Dhs30, at The Change Initiative)—while lines around the lip area can be combated with a treatment balm or serum. Those containing hyaluronic acid can help to restore youthful plumpness—we like Dr. Seabagh's Serum Repair (Dhs500, at Bloomingdale's Dubai), while vitamin-rich lip balms and lipsticks with a bit of sheer shine will keep your lips looking nice and full. Try Rimmel Moisture Renew Lipstick (Dhs49), Bobbi Brown Creamy Lip Color (Dhs147), Chanel Rouge Coco Shine (Dhs170) or Dolce and Gabbana The Lipstick Classic Cream Lipstick (Dhs158). Dr. Anton de Waal, a Cosmetic and Restorative Dentist at Royal Dental Care, suggests following similar protocols to your regular facial skincare routine: "[Practice] daily exfoliation with a mild beta-hydroxy facial cleanser, a good moisturiser, and an anti-ageing product that also stimulates and maintains production of collagen and elastin—it's much easier to prevent deep lines and wrinkles than to treat them later on," he says.

Even if your lips and the skin around your mouth are sorted, a gnarly set of teeth can still be a dead giveaway when it comes to our age. "[As we age], the teeth discolour, chip and wear down. Less obviously, they shift over time causing a slow collapse of the lower third of the face. Our lips lose collagen and the vermilion border starts to disappear over time. Around the mouth, the skin begins to sag, frown lines, jowls, and an increase in length of the upper lip from nose to teeth [begin to exhibit themselves]," says Dr. Michael Apa, a DDS Aesthetic Dentist in New York and Dubai. A proper oral examination is a regular must-do, advises Dr. De Waal: "[This can] identify and treat parafunctional habits like teeth grinding, which will severely damage your teeth over time. Regular hygiene appointments (i.e. a clean and polish) will help prevent staining and discolouration. It also

HEALTHY SMILE HABITS

Preserving a beautiful smile is easy—if you take care of it right. Try Dr. Apa's suggestions for the essential tooth-and-mouth beauty habits we need to start adopting as we age:

20's

You need to find a permanent form of retention from orthodontia. "A lot of us don't wear retainers

into our 20's, and it's detrimental to shifting and losing a healthy position of the teeth," he says.

30's

Keep up with teeth bleaching, and possibly use a mouth guard for grinders. "Towards the end of our 30's is when we should be looking to a dermatologist for maintaining the position of the lips and skin around the mouth with fillers.

It's also when a lot of my patients start looking to veneers to correct problems of childhood or problems that have occurred early on in life," Dr. Apa says.

40's

It's time to see the dentist; possibly consider adult orthodontia, a night guard or veneers. It's also time to consult with the dermatologist to stay on top of the ageing curve.

helps to maintain gingival (gum) health, which is also really important for health but also for our 'pink aesthetics.' When the gums start to recede, the unsightly black triangles between teeth become visible, and the exposed roots give the appearance of long teeth," he says.

Your new smile-care mantra? Little and often. "Doing things incrementally before too much has changed is the best way to keep things looking natural. I'd say the biggest mistakes [people tend to make] are waiting too long or going to the wrong doctor," Dr. Apa says. As far as treatments go, Dr. De Waal always recommends

starting out with non-invasive and non-permanent procedures: "This way you are not causing any harm to your body, and it gives you the opportunity to experiment with different procedures and looks," he says. Dr. Apa says that injections, veneers, whitening or Invisalign can be done at any stage and is recommended on a case-by-case basis. Whitening treatments should offer instant results, with the effects becoming more dramatic the more you do it. "As for treating the lips or wrinkles, results are also immediate, although you'll probably want to take some time to let the swelling go down before going



Two-For-One

Tint lips sweetly while moisturising with Julie Hewett's cult beauty product, Organic Camellia Balm (Dhs92).

White Light

Comfy to wear and easy to use, Crest's 3D Whitestrips's at-home kit will deliver seriously noticeable results.

Cream Pop

Add a pop of rich, pigmented and luscious colour to your lips without ever drying them out with Bobbi Brown's Creamy Lip Color (Dhs147).

Rapid Repair

Packed with Hyaluronic Acid and Collagen, plump and hydrate skin and reduce wrinkles with Dr. Seabagh's Serum Repair (Dhs500).

Lip Service

Relieve chapped lips and protect against drying ACs and weather with Kiehl's beloved Lip Balm #1 (Dhs60).

Rosy Rouge

Use Figs & Rouge's 100% natural balm (Dhs30) anywhere from your lips to nails to face and even your elbows.

WHITE AND BRIGHT

"I only recommend professional teeth whitening procedures as they can be customised for each person's individual needs. They also tend to give much better results, with less side-effects as the whitening trays are custom-made and have a superior fit compared to over the counter kits. There are two main methods of teeth whitening: In-office, or home whitening. In-office whitening is the quickest, achieving up to 6-8 shades lighter in about 45 minutes. The results in this case are immediately noticeable. Home whitening can give great results as well, but it takes between five to 15 days of daily whitening sessions. For people with very dark teeth, a combination of the two will give much quicker results," Dr. De Waal says.

out in public," Dr. Apa says. Professional whitening junkies need not worry about regular treatments: "There are no long-term effects from whitening, and most fillers are safe. They used to use silicone, which pooled in the areas injected over time, but most do not use this anymore."



BODY

Maintaining a toned and sculpted physique is an obvious marker of youth when it comes to our bodies, but the skin below the neck is another area that's often neglected. "Everyone starts life with taut, smooth baby skin. However, all humans start to show signs of ageing [as we grow older]. Your behaviours dictate only part of skin deterioration—no matter how careful you might be, the effects of ageing take an inevitable toll," says Marimel Rodrigues, a Training Manager for LPG. Scary stuff indeed, especially when we consider that these manifestations tend to come in the form of wrinkled, saggy skin all over the body; belly fat on our mid-section, an increase in wrinkles, lines, creases and dark spots; stooped posture; not to mention bulging veins. "[These are all] sneaky tattletales that can give away your age," Marimel says.

But don't fret—there are things we can do to keep us looking fresh despite nature needing to take its course, and the key is, as always, developing and maintaining a

good skincare regime... from top to toe. Our habits and attitudes can also make a big difference—according to Marimel, a negative attitude can exhibit itself in our skin. "If you wake up every morning frowning, as you grow old frown lines will be etched permanently on your face. If you're happy and feel lighter, your facial muscles relax, hence you have less lines and wrinkles." Ok, so we should be more positive and smile more—and then what? Considering about 50-75% of the human body is made up of water, drinking plenty of the clear stuff is key. "If the body is dehydrated, it will lead to premature ageing," says Sally Beighton, a Training and Brand Manager for Kerstin Florian. "How we age depends on what we put our body through—someone that smokes and worships the sun will start to see the signs of ageing much earlier than someone who is a non-smoker, wears a high SPF and avoids sitting in the sun for prolonged periods of time," Sally says.

Fast food is another culprit: "Some foods, such as fish and vegetables, are well-known [for their] antioxidant and anti-inflammatory [properties], helping prevent signs of ageing. Sugar, flour and dairy products are pro-inflammatory foods and accelerate ageing," Marimel

Butter 'Em Up
Keep skin soft and scented with The Body Shop's Raspberry Body Butter, Dhs75.

Fake Bake
Fake a tan while firming skin with Lancaster's Self Tanning Smooth Gel, Dhs145.

Rockin' Rose
Nourish skin and leave it delicately perfumed with

Ren's Moroccan Rose Otto Bath Oil, Dhs210.

Almond Joy
Packed with fat draining flavonoids and a slimming complex, L'Occitane's Almond Shaping Delight (Dhs259) massages into skin easily, is light to apply, and leaves it firmer with regular use.

FROM TOP TO TOE

Adopting some key skincare habits in our 20's, 30's and 40's can keep your entire body looking as young as possible. Follow Sally's tips on caring for the skin below your neck:

20's

"In our 20's it's extremely important that we take preventative measures when taking care of the body," Sally says. She recommends dry body brushing to boost blood and lymphatic circulation, body scrubs to remove dead skin cells and improve the texture and appearance of the skin,

and a good body oil to feed and nourish the skin, improving tone, texture and appearance. And don't forget a good SPF! At this age, circulation is good and cell turnover is effective, making the skin receptive to healing and repair—so expect to see results relatively quickly.

30's

"When we reach our 30's we can start treating the body with products that repair the skin. It is possible that stretch marks will be more of an issue if we have been pregnant in our 20's and 30's. Hormones are also very active during this time,

and the appearance of cellulite will become more prevalent," Sally says, suggesting a good cellulite gel to break down adipose tissue, applied twice a day. Our 30's will also see our cell metabolism start to slow down, meaning there's less energy in the skin cells. "This will mean results from products may take longer to show. Using products that contain seaweed and algae can help to increase cell energy," Sally says.

40's

"As we move into our 40's, the use of intensive repair products is essential," she

says. Sally recommends the use of advanced firming and cellulite products, as well as circulatory and slimming treatments. To see your products work more quickly and effectively, combine them with a good exercise regime and diet to keep your skin pure from the inside out and reduce its oxidative stresses, and limit your sun exposure as much as possible. Try Kerstin Florian's Mineral Wellness Soak (Dhs168), which contains more than 60 natural minerals and trace elements to balance and detoxify the body and strengthen the immune system.

says. And that beloved gym routine? Keep it up, since it's not only keeping you in shape, it's also helping to keep your skin young: A recent study by McMaster University found that regular exercise can help us achieve younger-looking skin—no matter how late in life we start working out. The study—which observed people aged 20-84—compared buttock skin of those with a sedentary lifestyle against those who recently adopted a regime of at least three hours of moderate to vigorous physical activity every week. In the latter group, the layers of the skin for the new-to-exercise candidates over the age of 65 stacked up remarkably similarly to those of the 20 to 40-year-olds.

HANDS & FEET

One of the first places to reveal age, our hands are often put through the mill: Their already-thinner skin and exposure to the elements can lead to wrinkles, dark spots, discolouration and blemishes—and that's not even counting the way our nails can become brittle or prone to easy breakage.

Our new mantra? Moisture, moisture, moisture. Evelyn Felisilda, a Trainer at N.Bar and The Grooming Company, is adamant about the importance of high-quality hand and foot cream: "Regular body cream isn't concentrated enough," she says "Regular filing and a good shape [also] always helps to prevent them from breaking and peeling," she says. A former nail-biter, I'm no stranger to bad hand-

habits. But Evelyn says even manicure maniacs have bad tendencies: "It's important to have cuticles just 'nipped' or they can become very deep and increase cuticle growth, causing very dry skin and making them harder to maintain," she says. Natividad Olosa, an Educator at Tips & Toes Middle East, suggests using a good nail and cuticle oil and applying quality hand and foot cream daily. Be sure to give the products ample time to work: "Younger skin will always show results quicker than mature skin, which requires more intense products," Natividad adds.

Our feet are another easy age giveaway. "People tend to forget about feet, and don't seem to understand the implication of their ageing," says foot expert Margaret Dabbs, a podiatrist and founder of The Sole Lounge at Level Shoe District. "Now, even face cream has to be more than just a moisturiser—they have to freeze the frown, or rejuvenate skin somehow. And that's also where we are now with feet, I think," she says. Margaret is a firm believer in treatments that not only improve the way our feet look, but that cure any issues they're suffering from. After feeling like there wasn't anything out there in the market that did this, she decided to pioneer some products for this gap in the market: luxury foot products that both treat feet *and* help them look and smell nice. Her best-seller products contain emu oil: "It's known as the healing oil. It's completely organic and a natural byproduct (so no emus are harmed!), and it's also a brilliant emollient and moisturiser. A lotion with emu oil in it will stop hard skin buildup, while the emu oil spray will stop cracks

in the skin and the exfoliating mousse will help combat dead skin," she says. Margaret also recommends looking out for foot products containing pumice and tea tree, benzoyic and salicylic acid.

For dry skin, both Evelyn and Natividad recommend paraffin wax treatments. As for gel nail polishes and the rumours surrounding their potential long-term damage, Evelyn insists that it's perfectly safe as long as they're being applied—and removed—properly. "As far as breathing goes, this is a myth and the fact is, nails do not breathe!" While frequent use has been linked to nail thinning, brittleness and damage of the nail bed, Evelyn and Natividad say that this is in large part due to so many salons not removing it right, and suggest doing it only twice a month. ■



Nailing It

One of our favourite brands of nail polish, Essie's new Metallics collection is practically like jewellery for your nails. Always use a base coat to avoid staining your nails underneath.