



Dermadoctor
Physical
Chemistry Facial
Microdermabrasion



Chanel
Micro Solutions
Micro-Dermabrasion
Cream

2 The problem Your glow's gone AWOL

Want to know why your complexion surrenders its healthy glow as soon as winter sets in? 'During the winter months, your skin thickens up to protect itself from extreme weather conditions, so cell renewal slows right down,' says Janine Bird, training and education manager for Prescriptives. Throw in a sluggish blood flow and you have a recipe for skin that's as flat and grey as mid-winter skies.

The prescription 'Stepping up your regular exfoliation programme with home microdermabrasion will kick-start cell production, and bring vibrance and vitality back into your skin,' says Bird.

The products we love Microdermabrasion kits to use at home often contain gentle chemically exfoliating ingredients as well as scrub-like particles to prise stubborn dead cells away from the surface of your skin. Keep all systems glow with Estée Lauder Idealist Micro-D Deep Thermal Refinisher, £32; Prescriptives Dermapolish System, £75; Chanel Micro Solutions Micro-Dermabrasion Targeted Program, £150; or Dermadoctor Physical Chemistry Facial Microdermabrasion + Multiacid Chemical Peel (about £40; www.dermadoctor.com) – all of these products can be used once or twice a week.