

BEAUTY

# SPRING CLEAN

*A new breed of tough but gentle water-based cleansers has become a skincare staple for many a perfectly polished mademoiselle and their popularity is rapidly growing on this side of the Channel*



*Often seen backstage* at catwalk shows and always in the beauty bags of the best make-up artists, Bioderma cleansing water has long been a cult buy among aficionados, who would add it to their shopping list whenever they took a trip to Paris.

Developed by a French skincare company, the cleansing water was one of the first micellar cleansers. It was gentle on your skin but tough on make-up, even waterproof, and its underground popularity sparked a growing trend for micellar-based cleansers.

Micelles are clusters of molecules that, when applied to the skin, absorb make-up, oil and grime, before reforming so they can be easily wiped away, taking any pore-clogging impurities with them.

Enhancing the efficiency of surfactants (the ingredients that break down oils) means that they are better for sensitive skin prone to redness and tightness after cleansing. As a result, skin is not only cleaner, but also less likely to become inflamed, tight or itchy, as there's no need to rub away stubborn eye make-up or apply a skin toner afterwards.

What's more, it's a no-rinse solution, so it will help to shave precious minutes from your daily cleansing routine.

If you're tempted to dismiss these new-generation cleansers as a passing fad, bear in mind that they are nothing new; some have been well-loved by French women for a decade or more. Now, it's our turn to make room for micelles. ■

## MIGHTY MICELLES

If you want thoroughly clean skin, make sure micellar products feature in your beauty kit. Available at most high-street chemists, prices start at around £5.

1. **La Prairie Cellular Cleansing Water**, £60
2. **Decl or Aroma Cleanse Soothing Micellar Water**, £22
3. **L'Or al Skin Perfection 3 in 1 Micellar Solution**, £4.99
4. **Lanc me Eau Fra che Douceur Micellar Cleansing Water**, £22.50
5. **Bioderma Sensibio H2O**, £9.99; from [johnbellcroyden.co.uk](http://johnbellcroyden.co.uk)
6. **Nuxe Micellar Cleansing Water with Rose Petals**, £15; from Marks & Spencer Beauty
7. **Vichy Puret  Thermale 3-in-1 Calming Cleansing Solution**, £11
8. **Gatineau Gentle Micellar Water Cleanser**, £35; from [Feelunique.com](http://Feelunique.com)
9. **Eau Thermale Av ne Micellar Lotion Cleanser and Make-Up Remover**, £12.50
10. **La Roche-Posay Solution Micellar**, £11.50

