



Carmex Peanuts editions, £3.49, from Boots



ESPA Love Your Lips Mandarin Lip Balm, £10; visit espaskincare.com



Pretty Ballerinas Lip Balm, £5; visit prettyballerinas.co.uk

UNHAPPY CHAPPY

As winter draws closer, chapped lips can be an issue. To combat them you need a no-nonsense, super-emollient lip balm. I have no problem putting petroleum jelly on mine (although I know some sensitive skins steer clear of it) and rely on classic Carmex, which this season comes in limited-edition *The Peanuts Movie* tins (what's not to love?). However, I've also found two great alternatives for soothing sensitive lips.

BEAUTY

BEAUTY INSIDER



Even beauty editors have their bugbears. HELLO!'s Nadine Baggott reveals the products that help keep hers under control

RED ALERT

If your face is starting to become dry, irritated and red and prone to flaking and itching, then it is time to swap your summer cleanser for a caring winter one. I often switch to a cleansing oil. Because oil dissolves oil, these will get rid of excess sebum, make-up, even stubborn mascara and liner, and the best rinse away to a milky, soothing, hydrating lotion on your face. Team any of these with a linen face cloth for best results.

Elizabeth Arden Ceramide Replenishing Cleansing Oil, £25, from John Lewis

Shu Uemura High Performance Balancing Cleansing Oil 150ml, £30, from Selfridges



Payot Milky Cleansing Oil, £17.90, from yesstyle.co.uk

bareMinerals Blemish Remedy foundation, £26; visit bareminerals.co.uk



SPOT TEST

If you follow me on Twitter or Instagram, or have watched my #TheBeautyKnowItAll vlogs on YouTube, you'll know I am a huge fan of mineral make-up. Now bareMinerals has launched Blemish Remedy, a clever new formulation of its bestselling mineral powder with added tea tree and aspen bark to help unclog pores and soothe irritation. It has the same soft-focus, flaw-covering effect but also helps to minimise breakouts.

• For more beauty knowhow follow Nadine on Twitter and Instagram @nadinebaggott

SCALP SECRETS

I suffer from a sensitive scalp. This far from glamorous problem is triggered by my hormones and my hair dye. Luckily, an increasing number of haircare companies are launching scalp solutions. The best go on straight after shampooing and prior to drying and sink into your scalp, leaving no residue. Here are two of my favourites:

Charles Worthington Thicker & Fuller Tonic, £7.99, from Boots



Pantene Pro-V Palinia Strengthening Primer, £9.99 (was £14.99), from Boots. Helps to protect and strengthen fine and thinning hair

