



**NOT SO SMART PICKS**

Let's be honest, sometimes it's hard to resist picking your skin. Spots, chapped lips, dry patches, cuticles – they all nag to be prodded and scratched. But it really is better to let your skincare products do the work for you...



**Dior Addict Lip Glow**, £24, from Selfridges. Works well both day and night on winter-chapped lips  
**Essie Apricot Care Cuticle Oil**, £8.99, from Boots. Softens any dry skin around your nails  
**Benefit Boo Boo Zap!**, £14.50; visit [benefitcosmetics.co.uk](http://benefitcosmetics.co.uk). Great for treating spots and unclogging pores

**BEAUTY**

**BEAUTY INSIDER**



*For 2016, our beauty editor has resolved to make a clean start with her make-up brushes and get creamy with her cleanser*

**Gently does it**

If your skin is tight after you cleanse, you need to rethink your cleanser. Avoid anything bubbly or perfumed, and instead opt for a rinse-off cream. It might seem strange to forgo "squeaky clean" skin, but your face will thank you. My favourite rinse-off cream cleanser gets rid of every scrap of make-up and leaves my skin calm and hydrated. Team with a muslin cloth for winter-sensitive skin.

**Paula's Choice Skin Recovery Softening Cream Cleanser**, £18.50; visit [paulaschoice.co.uk](http://paulaschoice.co.uk)  
**Clinique Take The Day Off Cleansing Cloth**, £6, from [feelunique.com](http://feelunique.com)

**Pro Hygiene Collection Makeup Brush Cleaner**, £8, from [feelunique.com](http://feelunique.com). Kills bacteria in just 60 seconds

**Real Techniques Deep Cleansing Gel**, £7.50, from Boots. Deep cleans brushes to remove oils and product build-up

**Brush hour**

Dry body brushing gets results, it really does. Cheap and easy, it's a multitasking DIY beauty technique that exfoliates, boosts circulation, helps to strengthen and tone skin and, I believe, diminishes cellulite. But you need to do it every day before you shower and until your skin zings and becomes pink. So stick a long-handled body brush in your bathroom and get into the habit now – you can thank me in the spring, when the sun comes out.

**Body Detox Skin Brush**, £21, Elemis; visit [elemis.com](http://elemis.com)

**CLEAN UP**

I confess that when I wash my make-up brushes, I tend to use soap and dry them on a hot radiator. But from now on, I intend to give them a thorough clean once a month and leave to air dry – they deserve the same respect I give my skin. There are two brush cleansers I really like – one for a thorough monthly clean; the other for a quick fix after letting someone else use them.



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