

Clarins Multi-Active Night cream soothes and nourishes dry skin. **\$60 (50 mL).**



1

DRINK UP

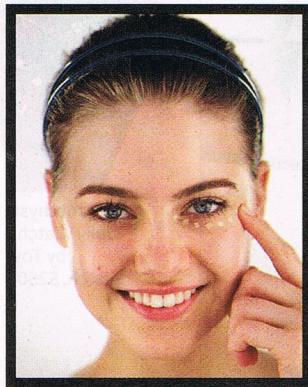
"In the winter and early spring, skin easily becomes dry and dehydrated from the cold air and indoor heating," says Everett Suttle, Dior's national makeup artist and skin-care expert. "You definitely need a heavier moisturizer and to exfoliate regularly to get rid of dead skin cells." Makeup artist Jackie Gideon says that you should wash your face in lukewarm water with a cream cleanser. Apply around the edge of the nose and chin using a cotton ball, to remove any dead skin. "The gentler the product, the less likely you are to make your skin react," she says.

GET GLOWING

Fight the seasonal skin blahs and brighten up with these simple steps. **by Kate Daley**

Bourjois Paris 10 Hour Sleep Effect Foundation revitalizes with vitamins E and B5. **\$26 (30 mL).**

2



FIRST BASE

Over the winter your last vestiges of a summer tan have faded, so you'll need a lighter foundation. To find the right colour, stand by natural light with a hand-held mirror and match the shade to your neck. And while you do need a richer moisturizer, don't overdo it or your makeup won't last, says Gideon. "A little trick for sheer coverage is to mix your moisturizer with a liquid foundation," she says. When using a heavier cream, set your foundation with a translucent loose powder so it stays put. "A light dusting will also reduce shine, but it won't showcase dry skin," says Gideon.

3

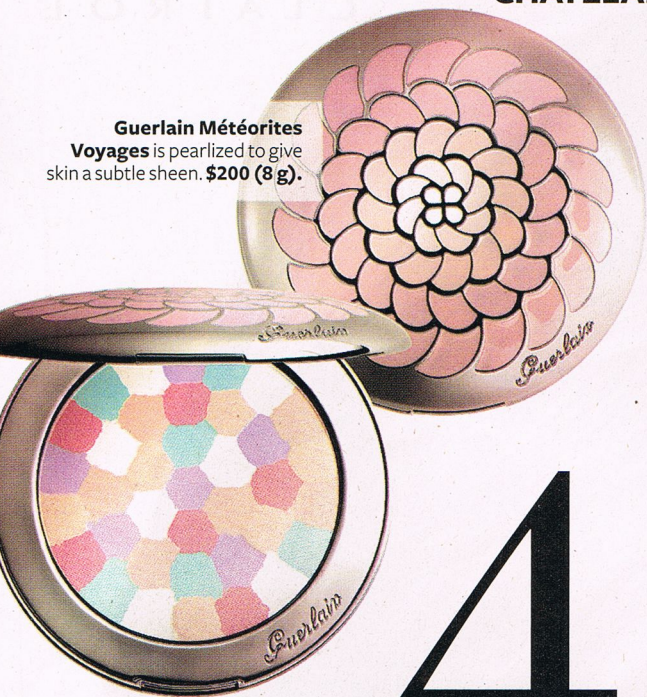
FAKE IT

Everyone wants a natural sun-kissed look, but it's not easy to pull off mid-season. Bronzer can give your face new life, but as with your foundation, you need to look for one that's lighter and more sheer. Instead of straight brown, try a bronzer with peachy or rose undertones, says Gideon. Apply it to the forehead, bridge of the nose, browbone and cheekbones. Because you'll already have some pink in your face from the cool weather, choose an earthy blush colour — it won't exacerbate any redness, says Suttle.

M.A.C's Mineralize Blush Duo in Sun & Moon gives a natural flush. **\$23 (2.5 g).**



Guerlain Météorites Voyages is pearlized to give skin a subtle sheen. \$200 (8 g).



4

MAKE IT UP

To really wake up your face, apply a highlighter around the browbone and inner corners of your eyes, says Suttle. Then brush on a light matte shadow.

Avoid intense smoky eyes and colours, with too much grey, purple or blue if you're pale, says Gideon; instead, try a vanilla shade. If you have a darker complexion, opt for a gold or a bronze, says Suttle. Don't forget to swipe on an extra layer of mascara.

To enhance your eyes, coat the top and bottom of your lashes and then apply a thicker mascara on top.



Dior DiorShow Extase Mascara gives lashes dramatic volume. \$35 (10 mL).

5

LIP SERVICE

Try a hydrating lipstick or gloss for colour and shine. Many contain moisturizing ingredients so they can work in place of a balm, and you can even apply a gloss before bed, says Gideon. Try a colour with light-reflecting pigments to make your lips appear fuller.



Chatelaine.com/march

Check out our online video for more ways to achieve a fresh-faced look.

FIND IT AT CHATELAINE.COM/SHOPPINGGUIDE

Clinique's High Impact Lip Colour SPF 15 in Red-y to Wear helps teeth look whiter. \$18 (4 g).



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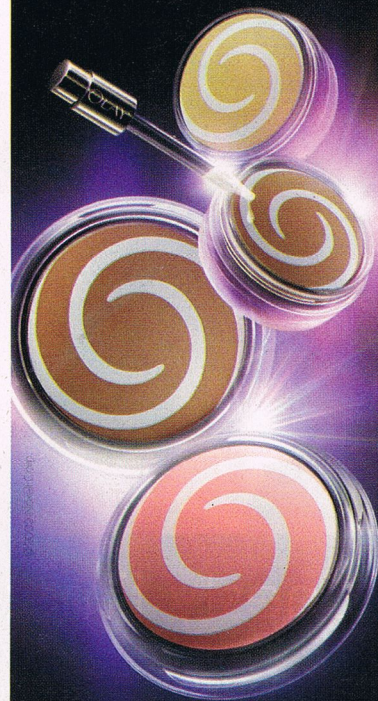
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