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Ever have days when you look in the mirror and think that **no** amount of make-up is going to revive **that** face? We all do. That's why we all need a little skin rescue kit at hand. In just five minutes I promise that you can make your skin look fresh and glowing by following these three super quick steps:



1. Pre-Shower Detox Masque

I know we generally think of Masques as a treat when we have a spare half hour to soak in the bath, but really, what are the chances? Step forward a new super breed of Masques that are reassuringly convenient for the time-pressed amongst us. Charcoal is my current favourite masque as its incredibly detoxifying and leaves skin feeling ultra clean and fresh. Simply layer on before heading for the kettle to make a brew and leave on as long as it takes you to reach the shower (around 10 mins!) Add water, massage over the skin and rinse. Hey presto, an exfoliator, masque and cleanse all in one simple step.



2. Hydration Spritz

A hydrated skin reflects light and looks more luminous. So throw out the sparkly powders and add in as much moisture as you can muster. The easiest option is a super hydrating spritz choc-full of humectants that hold water like a sponge. Spritz liberally within three mins of exiting the shower and you will lock in moisture ready for your Moisturiser + SPF to be layered on top.

Top Tip: Keep a travel size in your hand bag to top up throughout the day over your make-up!



3. The Perfect Primer

A hard working primer should provide you with more value than just setting your make-up. To enhance that luminous glow, look for a blend that hydrates, minimises fine lines and pores and protects skin against environmental dehydration. Apply a pea size amount over moisturiser to complete your mini skin rescue and get ready to WOW!

