

BIG DAY MINI MONEY

your dream wedding on a shoestring

BDMM BRIDES BDMM TV EXPERT ADVICE PRIZES & GIVEAWAYS ABOUT US

Flawless? Absolutely Flawless.

by [VV](#) posted on [SEPTEMBER 18, 2013](#)

[Tweet](#) [+1](#) [Like](#) [11](#) [Pin it](#)

Someone told me today that there are only 14 weeks until Christmas. Apart from thinking they were rather rude and thanks for ruining my Wednesday there was also a little part of me that thought maybe, just maybe, I should use this information and finally get my ass into gear this year and start planning early.

However, far from worrying about mundane and trivial things like Christmas shopping many of you will be in the final stages of planning your Winter weddings and it will almost certainly dawn on you that your healthy summer glow and dewy complexion will be long gone by then.

You're heading towards the one day in your life when you will be photographed, up close, in your face over and over and over again by everyone you know and if dry skin and open pores are a couple of Grinches you're interested in avoiding then read on! Beauty therapist and skin care expert Amanda Elias has some great advice that will have you looking prettier than the sugar-plum fairy herself.

TV xxx

Top 10 Winter Skincare Tips from Amanda Elias

Cold weather and central heating can play havoc with your skin; keep your skin looking great this winter season with these top tips!

1. If normally oily or combination skin is getting a little dry, don't use products designed for dry skin, this will only cause breakouts. Instead try using a more nourishing moisturiser that is suitable for your skin type and try changing from a cleansing wash to a cream cleanser.
2. Central heating takes moisture out from the air; try leaving a dish of water near your radiators which will act as a humidifier to help replace the moisture that's lost- you can also add a few drops of aromatherapy oils to fragrance your



WHAT DO YOU WANT TO SAVE MONEY ON?

[Search](#)

IT TAKES AS MUCH ENERGY TO WASTE AS IT DOES TO PLAN...

All the money in the world won't necessarily buy you perfect wedding. Big Day Mini Money will show you that nothing needs to be out of reach because of your budget. With a little time, careful planning and advice from our experts and BDMM real brides, your big day will look a million bucks without you having to spend it.

FOLLOW US...



[More Pins](#)

room.

3. Don't forget your SPF! Even in the winter UVA is present in the atmosphere and it's this UVA that causes premature ageing. Just because the sun isn't shining brightly, that's not to say your skin doesn't need protection.
4. Use AHAs such as glycolic acid or lactic acid to exfoliate your skin rather than a scrub. Using a scrub on the face can dry out the skin. AHAs help to exfoliate by dissolving the glue that holds on the dead skin cells, leaving the skin instantly fresher and healthier without you having to scrub at your skin.
5. Don't forget the children; their skin can also become dry this time of year, especially if they suffer with eczema, so use an appropriate moisturiser for their skin or a gentle, non comedogenic oil such as jojoba or avocado oil.



6. Humectants bind moisture to the skin; look out for ingredients such as Hyaluronic Acid, Glycerine, Lactic Acid, Aloe Vera and Urea in your moisturiser.
7. In the cold weather, our bodies crave hot baths and showers, unfortunately the hot water can dry out your skin leaving it itchy. Opt for a warm but not hot shower or bath then wrap up in a nice, fluffy bathrobe to warm up.
8. If your skin is dry, try adding a cupful of oats to your bath to sooth the skin, for less mess, put the oats in to the foot of an old pair of clean tights, tie and cut the rest of the tights, you can save them to make more oatmeal bags for the bath.
9. Omega oils containing EPA are wonderful for helping to keep the skin and hair in peak condition. DHA keeps the brain functioning properly while the EPA in the oil helps by regulating oil production and acting as an anti-inflammatory. However, there are concerns that Omega 6 can actually make conditions such as acne worse so it's best to buy a product that contains only Omega 3.
10. Don't forget the skin on your body and feet, because we're covered up we tend to stop looking after the bits that aren't shown, we then panic when the sun comes out, scrubbing and moisturising to make our legs and feet look healthy enough to show off. Treat yourself to some gorgeous smelling products, then choose a day to exfoliate and moisturise from head to toe, snuggle up in your bathrobe and go to bed early with a good book (ahhh bliss).



...ends Elias is the owner of [Bravura London](#). Founded in 2003, Bravura was the first company in the UK to apply chemical peels for use at home.

...ed in [EXPERT ADVICE](#), [UNCATEGORIZED](#) | [LEAVE A COMMENT](#)

REE Fierce Fitness Classes

...V posted on [JUNE 26, 2013](#)