

## said & done ARCHIVE

### This Month

- [Be Fit and Be Fabulous](#)
- [Ten Things We Love](#)
- [Poets Corner](#)
- [Spa Hurrah](#)
- [Cooking Up A Storm](#)
- [Mission Nutrition](#)
- [Club Vevie](#)

### September 2013

### August 2013

### July 2013

### Archive

Every month our Beauty Ed, Donna Francis picks out the latest trends in beauty products and interviews a Celebrity or Expert in their field to discover their top tips and tricks to looking and feeling good. Read on to be inspired to be fit and fabulous.



## Spa Hurrah!



Amanda Elias is a qualified Facial Therapist and founder of skincare company Bravura London. Amanda's interest in skincare was sparked by skin problems of her own, which led her to discover the benefits of skin-glowing and complexion-clearing ingredients like AHAs and BHAs. With this knowledge in mind, she created Bravura London in 2003 - an affordable skincare brand delivering salon-worthy results in your own home. In fact Bravura London was the first British company to supply chemical peels for home usage.

Here Amanda shares her top 'winter skincare' tips for us all to follow:

**Don't Assume 'Dry-Skin' Products Will Solve Dehydrated Skin:** "If your skin is oily or combination but is getting a little dry during the colder months, don't use products designed for dry skin as 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."

**Humidify Your House:** "Central heating takes moisture out from the air so leave a dish of water near your radiators. This will act as a humidifier to help replace any moisture that is lost."

**Don't Forget Sunscreen:** "Even in the winter UVA is present, 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."

**Exfoliate Regularly:** "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 whereas AHAs help to exfoliate away only dead skin by dissolving the glue that holds on the dead skin cells, leaving the skin instantly fresher and healthier."

### Meet the EXPERT OCTOBER 2013



Amanda Elias

ingredients such as Hyaluronic Acid, Glycerine, Lactic Acid, Aloe Vera and Urea in your moisturiser.”

**Bathe Warm, Not Hot!** “In the cold weather, our bodies crave hot baths and showers, but unfortunately the hot water can dry skin out leaving it itchy and dry. Opt for a warm but not hot shower or bath then wrap up in a cosy, fluffy bathrobe to warm up.”

**Buy Some Oats:** “Try adding a cupful of oats to your bath to soothe dry skin. If you don’t fancy the mess - pour them into the foot of an old pair of clean tights and knot them closed to make your own DIY nourishing oatmeal bag.”

**Don’t Neglect The Skin On Your Body:** “Because we cover up during winter, we tend to stop looking after body bits that aren’t shown, and then panic when the sun comes out, scrubbing and moisturising to make them look healthy again. So 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. Bliss!”

## BEAUTY’S most wanted OCTOBER 2013



**A Creamy Cleanser**  
*Balance Me Cleanse and Smooth Face Balm*



**A Quick-Working Moisturiser**  
*Sampar So Much To Dew Day Cream*  
Price: £29

Available from Marks & Spencer and Feel Unique.

Loaded with moisture-grabbing Hyaluronic Acid, this moisturiser is your winter-skin’s best friend as it keeps skin hydrated 24 hours after application. A real radiance-booster!



grime while adding radiance and softness to winter-weary complexions.



**A Gentle Exfoliator**  
*Sensai Silky Purifying Silk Peeling Powder*

**Price: £55**

Available at Harrods.

This friction-free exfoliator is perfect for keeping winter skin looking radiant. It's so gentle, you can use it up to three times a week to keep your complexions glow in check.

Donna Francis October 2013



**A Hydrating Serum**  
*Bravura London Hyaluronic Acid Serum*

**Price: £25**  
Available from Bravura London.

Suitable for all skin types, layer this underneath your moisturiser to give skin an extra shot of hydration. It also helps to fight wrinkles and fade age spots too!



**A Sunscreen For Winter**  
*Glo-minerals Protecting Powder SPF30*

**Price: £30**  
Available from glo minerals.

Don't overload your winter skincare routine by adding an extra sunscreen product into the mix! Instead, wear an SPF loaded face powder like this. It gives skin a flawless, sheeny finish while protecting pores from damaging sun rays. Genius!

**Pemberton Vest Tops and Jacket**  
**Shop this season's collections**  
PERFORMANCE AND STYLE COMBINED

