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AUSTRALIAN Women's Health

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**Clear Skin
Overnight**

(Stop winter doing a
number on your face)

50

**BEST FOODS
FOR WOMEN**

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womenshealthmag.com.au

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5 WAYS QV

CAN ASSIST WITH
HEALTHIER SKIN

FOR BODY:

1 QV GENTLE WASH
Soap can strip away the skin's natural layer of protective oils. Using a soap-free cleanser such as QV Gentle Wash will help protect your skin from dryness and irritation.



2 QV SKIN LOTION
We all know moisturising helps maintain skin hydration levels, so follow cleansing with QV Skin Lotion to leave your skin feeling refreshed and hydrated.



FOR FACE:

3 QV FACE GENTLE CLEANSER
For the delicate face and neck area, this lightly foaming cleanser is ideal. Added moisturisers help protect your skin against drying and irritation.



4 QV FACE REVITALISING EYE CREAM
Rehydrate the delicate eye area and help it look younger and feel more supple. QV Face Revitalising Eye Cream is a smooth lightweight cream that visibly reduces dark circles, fine lines and puffiness.



5 QV FACE NURTURING NIGHT CREAM
Safflower oil replenishes lost moisture, visibly improving skin's elasticity and helping to reduce the appearance of fine lines and wrinkles – and all while you sleep!



QV Skincare products are free from soap, lanolin and fragrance. The QV Skincare range is available from your pharmacy and Priceline.

QV
SKINCARE

EXPERT PANEL

HEALTH

Dr Ginni Mansberg
A Sydney GP and ex-medical journalist with a blended family of eight (including six children, ranging from 18 to five), she's also an author and *Sunrise* regular.

FITNESS

Michelle Bridges
The Biggest Loser trainer recently penned *Losing the Last 5 Kilos*, and runs the 12 Week Body Transformation online program

NUTRITION

Kristen Beck
The director of Beck Health & Nutrition Group, she's also a registered nutritionist, lecturer, mum of three and keen surfer.

FOOD

Teresa Cutter
This busy lady is a chef, cafe owner, author and personal trainer – she even has her own iPhone app. Wow.

STRESS LESS

Dr Suzy Green
An expert on applied positive psychology and co-founder of the Positive Psychology Institute. She also lectures in coaching psychology at the University of Sydney, NSW.

WEIGHT LOSS

Angela Buntic
Our weight loss whiz has a

masters in nutrition and dietetics, specialises in diabetes, obesity and PCOS, and knows how to make a mean risotto.

RELATIONSHIPS

Dr Traci Coventry
This Melbourne-based psychologist counsels couples and singles having relationship and sexuality issues.

SEX & LOVE

Jacqueline Hellyer
A Sydney based sex coach, therapist and author who runs sex workshops (no nudity required, we promise).

BALANCE

Nicole Goodwin
Our relaxed yoga guru owns a successful yoga studio in Surry Hills, NSW, lives in an eco-village/retreat in northern NSW and owns six horses.

MONEY & CAREER

Justine Davies
A Brisbane financial planner, blogger and the author of *How To Afford A Baby* and *An Inconceivable Notion*.

ECO SOLUTIONS

Rebecca Blackburn
The environmental scientist and avid cyclist is also the author of the book *Green is Good: Smart Ways to Live Well and Save the Planet*.

TWO-SECOND LIFE-CHANGERS



THE GOOD CUP

"Grab a coffee. It's packed with antioxidant polyphenols, which is probably why coffee drinkers have less diabetes, Alzheimer's and Parkinson's disease, and liver and breast cancer than coffee avoiders."

Dr Ginni Mansberg



LET IT ALL HANG OUT (OR DOWN)

"Go upside down to relieve stress and anxiety. Stand with your feet hip-width apart and bend forward at your hips, letting your torso hang. Flushing the brain with blood will relax your mind and improve memory."

Nicole Goodwin



CALM DOWN

"Every time you stop at a red light, bring yourself into the present, breathe in and out deeply and slowly and repeat calm, soothing words. Notice the difference this habit can make to your overall sense of calm and wellbeing."

Dr Suzy Green

OUR ADVISERS

Meet our ace advisory panel

FITNESS

Kate Puma
Lecturer in exercise physiology at the University of Canberra.

Ray Klerck
Qualified fitness trainer who runs an online training and nutrition business.

NUTRITION

Sharon Natoli
Accredited practising dietitian and founding director of Food & Nutrition Australia.

WEIGHT LOSS

Dr Eva Kemps
Senior lecturer in psychology at Flinders University, SA.

RELATIONSHIPS

Natalie Rinehart
Relationships counsellor; author of *The Organics of Relationships*.

ENDOCRINOLOGY/ DIABETES

Dr Helena Teede
Endocrinologist and director of research at the Jean Hailes Foundation for Women's Health.

DERMATOLOGY

Dr Elizabeth Dawes-Higgs
Fellow of the Australasian College of Dermatologists.

GYNAECOLOGY

Dr Elizabeth Farrell
Gynaecologist and founding member of the Jean Hailes Foundation for Women's Health.

MENTAL HEALTH

Dr Anne Buist
Professor of Psychiatry at the University of Melbourne.

COMPLEMENTARY MED

Dr Stephen Myers
Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University.

FERTILITY

Dr Julie Lukic
Obstetrician and gynaecologist specialising in IVF infertility care.

GASTROENTEROLOGY

Dr Alissa Walsh
Sydney based gastroenterologist and hepatologist.





SNOW PATROL

NO MORE SCALY, FLAKY
SKIN THIS WINTER

*By Caelia Corse /
Photography by Duncan Robinson*

A dermatologist, naturopath and cosmetic chemist walk into a bar... or rather, the *WH* office. And we didn't even have to ply them with booze to get them to spill their secrets to gorgeous, glowing winter skin. Score! Find out their expert tips for maintaining a supple, hydrated complexion and smooth lips during the chilly months while dodging that crusty layer of skin on the inside of your opaques. Ew... ➤

THE COSMETIC CHEMIST

JOAN CHIU, 31

Works on cosmetic formulas and technical development



Which skincare ingredients are best for hydration?

"Glycerine, sorbitol and sodium hyaluronate (or hyaluronic acid) – they're all good for moisture retention in the skin."

Can you give us tips on buying the following?

DAY CREAM "Definitely a product with SPF, unless you're using a sunscreen underneath. The cooler temperature might be deceiving, but UV levels can still be high throughout winter, so you should take the appropriate preventive measures."

NIGHT CREAM "In winter, sebum production slows down, so a higher oil content is favoured. Avocado, olive and rosehip oils are nourishing types you should look for in night creams."

BODY MOISTURISER "If your skin itches or cracks from dryness, consider using a product with mineral oil or use baby oil; they can form a protective layer on the skin."

LIP PRODUCTS "Nourishing ingredients like shea butter and vitamin E are good inclusions in a lip product. The key is to keep lips moisturised at all times with a lip balm, and don't pull dry bits off."



3 minutes is the amount of time you have after cleansing to apply moisturiser for optimum skin hydration

Source: Dr Macrene Alexiades, assistant professor of dermatology at Yale School of Medicine, US.



Body

Vaseline Intensive Rescue Hydrating Foot Cream \$5.55

L'Occitane Ultra Rich Body Cream \$59.95

Garnier Body Intensive 7 days Honey Soothing lotion for dry, sensitive skin \$6.95

QV Cream \$19.75

This Works Enjoy Really Rich Lotion \$75

Neutrogena Norwegian Formula Hand Cream \$7.99

Avène Thermal Springwater \$21.95

What winter skincare advice can you share with us?

"If you have sensitive skin, choose fragrance-free products, and always try before you buy. Don't neglect your hands. A nourishing hand cream with high oil content is good, or one containing silicones as it'll form a barrier on the skin. Wear washing-up gloves when you're doing the dishes (especially in hot water and detergent)."

What are your favourite cold weather products and why?

"I like Avène SPF 30 sunscreen for the face and Lucas' Papaw Ointment for my lips. Sprays like Avène Thermal Spring Water and A'kin Hydro-Essential Lavender Cellular Brightening Facial Mist (which contains vitamin C and sodium hyaluronate) provide instant hydration. And I love rosehip oil. By adding a few drops to your

normal cream or lotion, it adds some extra nourishment."

Any exciting advances in skincare you can share?

"There have been countless active ingredients that promise to increase your hydration level, from plant extracts and marine materials to high-tech peptides. But during winter, it's more important (and easier) to make some small adjustments to your daily routine."

So what changes do you make to your routine in winter?

"I apply body moisturiser twice a day. On my face I use rosehip oil before moisturiser (every second day as a rule – more or less depending on how oily or dry my skin is). I use a milder body wash and don't spend too long in a hot shower to prevent damage to skin, rather than trying to fix it when the damage is done."



Look hot
when
you're cold



Face

Crème de La Mer
\$250

Trilogy Certified
Organic Rosehip
Oil \$21.95

The Jojoba
Company Intense
Overnight
Renewal
Crème \$59.95

Pevonia
Rejuvenating Dry
Skin Mask \$80

A'kin Rose
& Geranium
Creamy Cleanser
& Toner in
One \$27.95

NeoStrata Bionic
Face Cream \$50

Sukin Purely
Ageless Daily
Essentials Facial
Moisturiser
SPF15 \$21.95



THE NATUROPATH ANNALIES CORSE, 32

Lecturer at Australasian College
of Natural Therapies; naturopath

How does the naturopathic approach to skincare differ?

"Not only do we look at what is applied topically, but we look at the health of the whole person. Our skin is an organ, like our heart, lungs or kidneys. A good skincare routine is a small part of taking care of this organ. You also need to supply it with the right nutrition and consider lifestyle, stress levels and sleep habits to keep your skin truly healthy and visibly clear."

What ingredients should we look for in the following?

DAY CREAM "Look for humectants – they attract and bind water, adding moisture and relieving dryness. Hyaluronic acid is one, but honey's also great. An SPF to guard skin against UV rays, and antioxidant vitamins (vitamin C, the carotenes and vitamin E) protect against premature ageing."

NIGHT CREAM "Night creams with jojoba oil are the best choice for dry skin. It's the plant oil closest in pH to our skin, and maintaining correct skin pH prevents dryness, scaling and bacterial overgrowth. Jojoba is an anti-inflammatory – a good choice for irritated skin."

BODY MOISTURISER "Vitamin E reduces water loss and strengthens skin's barrier function. Shea butter contains similar antioxidants to green tea and the same fatty acids you find in olive oil. It's a super ingredient for healthy winter skin."

How important are organic and natural products for skin?

"In an ideal world, organic and natural is always best. That said, if you eat healthily, exposure to small amounts of chemicals in cosmetics should be dealt with efficiently by the body. One drawback with organic/natural products is allergies: some

MOIST MENU

Try Corse's
winter face
mask recipe*

You'll need
 > 1 cup natural
yoghurt (AHAs)
 > ½ cup oats
(emollient
and anti-
inflammatory)

**For very dry
skin add**
 > 1 tbs honey
(this binds
moisture)
 > ½ avocado
(high in vitamin
E and emollient)

Method
 Mix well, apply
to clean face.
 Sit back and
relax for 10
to 15 minutes.
 Rinse. Smile.



ingredients [such as oils from nuts, seeds, peanuts or coconut] may need to be avoided by some people. The other is cost. Organic growing methods are costly to maintain."

What changes do you make to your skincare regime in winter?

"I swap cold water for herbal teas; and eat foods high in essential fatty acids (salmon, nuts, avocado, flaxseed oil, eggs) to keep moisture levels in my skin optimal, and supplement with extra EFAs, like fish oil. I also use natural oil directly on dry skin."

What are your favourite cold weather products?

"Perfect Potion 100 per cent Organic Shea Butter; A'kin Pure Creamy Cleanser & Toner in One in Rose/Geranium; Jojoba Company Intense Overnight Renewal Cream and Pure Jojoba Oil; Crème de la Mer and La Mer The Body Crème; and Burt's Bees coconut oil lip balm."

THE DERMATOLOGIST
DR ELIZABETH DAWES-HIGGS, 42
WH dermatology advisor



What are the main seasonal nasties that skin has to contend with in winter?

"Skin can become dryer due to a loss of water from the outermost layer, the stratum corneum. In winter, heating, long hot showers and windy conditions are the main culprits that cause this drop in water content. As a result skin feels dry and rough, can look red and have a flaky appearance. If it's really bad, the skin can develop cracks (or fissures), which can predispose you to getting an infection. When the skin dries out it also looks older with more obvious wrinkling."

What are the most common skincare mistakes we make?

"Women feel their skin has to be squeaky clean, and so they use harsh cleansers and scrubs that

5 WAYS TO AVOID REPTILIAN SKIN *by Dr Dawes-Higgs*

- 1 Moisturise your face and body twice a day.
- 2 Use a mild soap and avoid toners and harsh peels, which can be very drying.

- 3 Wear sunscreen and a lip balm containing an SPF (yes, even in winter).
- 4 Take shorter showers or baths,

and pat skin dry (don't vigorously rub).

- 5 Don't sit too close to the heater and avoid wool worn directly on your skin - it can scratch.

Bronzers

- Diorskin Nude Glow Healthy Glow Summer Powder \$77
- St Tropez Bronzing Powder \$39.95
- Chantecaille Compact Soleil in St Barth's \$58
- Nars Bronzing Powder in Laguna \$72
- Chanel Poudre Soleil 4 Lumières Bronzing Compact \$90

tend to strip all the natural oils, drying skin out. Or they use toners containing alcohol that can just be plain irritating. I advise my patients to use a soap-free wash [such as Cetaphil or Sebamed] and to avoid toners and harsh scrubs."

What secret winter skincare advice can you share with us?

"If you have very dry skin I would recommend you purchase a product that comes in a tub rather than a pump pack, as products that come in a tub tend to be thicker and more moisturising. Also, try to avoid heavily-scented products because these can be irritating, especially if your skin is already cracked from winter dryness. And don't spend too much money on products that contain collagen, as your skin simply can't absorb it."

What changes do you make to your skincare regime in winter?

"I use a thicker cream in winter, especially at night when my kids turn the heater up high, which dries my skin out. I moisturise my body twice a day, and I use a hand cream countless times per day as I'm constantly washing my hands. One thing I don't change is my sunscreen routine. I still wear sunscreen every day, especially on my face. I also use a product with vitamin A in it every night."

What are your favourite cold weather products?

"I like Neutrogena hand cream for my hands. For my face, Neostrata Bionic Face Cream, along with a prescription vitamin A product (obtained from a dermatologist). For my body I like the Vaseline Intensive Rescue range and also QV. For sunscreen, Sensense and Neutrogena both have a good range." *wh*



Nursing your laptop? Watch out for "toasted skin syndrome" - a brown mottled rash caused by heat from your computer. Save your skin - put a pillow under your laptop.