

TUNBRIDGE  
WELLS



# TOWN CRIER

February / March

**What's On: February and  
March**

**Poetry  
Competition:  
Winner  
announced**

**Love me  
Love my skin**

**Eating Out?  
2 for 1 at Saint  
Johns Yard**

**Gardening fashion:  
Horti- couture**



# Love Me Love My Skin

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Love it or loathe it February is the month when we are surrounded by images of love hearts and red roses. With romance in the air it can also be a time of heightened consciousness about our skin on face and body.

The 2010 Arctic Blast has put our skin under attack and as a result it could be feeling dry and itchy, a bit flaky and looking dull. But don't despair there are a few steps that can help restore your natural beauty.

1. Avoid over-washing your skin. Natural oils in your skin are stripped away with soap and excessive exposure to hot water. Wash your face no more than twice daily with a gentle cleanser.

2. Exfoliation is essential and allows your skin to shed dead skin cells which stick to the surface of your skin leaving it looking dull and tired. Regular exfoliation allows the new skin to shine through and moisture to be absorbed. Watch out for cheaper facial scrubs on the market. They can be made from uneven exfoliating particles such as nuts and salt and can potentially cause broken capillaries and damaged skin.

3. Winter poses challenges for the skin particularly if a lot of time is spent indoors with central heating. The skin cannot produce its own water so this needs to be replaced. Using a heavier cream is not always the answer. Drinking water and having bowls of water by the radiators can help replace lost moisture in the skin. Switching off heating in the bedroom overnight is also good for the skin.



4. If the skin is particularly dry it is worth seeking professional advice as it might be that a good quality essential fatty acid supplement is required. It has been proven that these nutrients are critical for proper dermal hydration and for maintaining natural healthy collagen and elastin. The best one on the market at the moment is 'DMK efa+' produced by DANNÉ Montague-King, which has been used in research and been proved beneficial for the skin.

Amanda Day is a Professional Paramedical Dermal Specialist. To find out more about seasonal skincare contact 01892 513535 or visit: [www.chilstonclinic.co.uk](http://www.chilstonclinic.co.uk).