



The Cardinal Rule of Skincare

How to keep your skin soft (until the first signs of spring)?

BY SIVAN AZULAY SHTETER

Though it's not really showing, the winter has officially arrived (I'm still practicing my rain dance ritual in order to help it, like, stay — just in case). And you know what it means — dry, dull skin and all that. So, on a mission to help you (and me) master the art of a winter skincare routine, I spoke to some beauty experts and tried out a lot of products that will totally make washing your face your new favorite activity. Really. Check out what they had to say, and some great must-have products I swear by to use in the cold months to come.

THESE SIMPLE SKIN CARE STEPS ARE MORE EFFECTIVE THAN YOU MIGHT THINK!

So, according to Idit Gandelman, Global Head of Training at Ahava, Sivan Sinai, Head Instructor at Sisely and Abigail Aloni from Bobbi Brown these are the steps you need to follow — ready?

Well ladies, shockingly but totally true, first thing first, drink a lot of water. Water not only plumps the skin, but also encourages collagen production. A 15-liter water bottle for me, please.

Wash your face at least every night, if not twice a day. Not sure how to choose the right face wash for your skin? Pick a kind that'll calm your skin and make it more vital. Say, if you have very dry skin, go for an oil-based formula. Those of you with oily to combination skin, make sure to use a light, gentle gel to leave your skin ultra refreshed. Once you're set, wet your face and use circular motions to massage it onto your skin. Then, wash it with cool water.

Last but not least, remove your makeup — When it comes to taking off your makeup, use an oil-based makeup remover. Move away from baby wipes at all costs. Don't take any shortcuts, loves.



AHAVA CLEAR-ALL IN ONE TONING CLEANSER, NIS19

BOBBI BROWN SOOTHING CLEANSING MILK, NIS210

SISLEY CREAMY MOUSSE CLEANSER MAKEUP REMOVER, NIS440

CHANEL SUBLIMAGE ESSENTIAL COMFORT CLEANSER, NIS600

Tried & Tested

Dictionary

Officially אופישלי	רשמית
Arrived אריבד	הגיע
Dull דל	חסר חיים
Experts אקספרטס	מומחיות
Products פרודקטס	מוצרים
Activity אקטיבטי	פעילות
Swear סואר	נשבעת
According אקורדינג	לפי
Instructor אינסטרוקטור	מדריכה
Plumps פלמפס	ממלאים

Encourages אנקורג'ז	מעודדים
Vital ויטל	מלא חיים
Combination קומבינישן	מעורב
Gentle ג'נטל	עדין
Refreshed ריפרשט	מרוענן
Circular סירקולר	מעגליות
Remove רימוב	הסיר
Wipes ויפס	מגבונים
Cleansing קלנינג	ניקוי



CHRISTINA FOREVER YOUNG MOISTURIZING FACIAL WASH, NIS87

CLARINS WATER COMFORT ONE STEP CLEANSER, NIS167

DESELI FACIAL MOUSSE CLEANSER, NIS289

JUVENA MIRACLE CLEANSING WATER, NIS199

LUMINESCE JEUNESSE GLOBAL YOUTH RESTORING CLEANSER NIS205

DIOR LIFE GLOW MASK, NIS287

DR. HAUSCHKA GESICHTS WASCHE CLEANSING CREAM, NIS199

KIEHL'S CALENDULA DEEP CLEANSING FOAMING FACE WASH, NIS199

LANCÔME EAU MICELLAIRE DOUCEUR SOLUTION DEMAQUILLANTE EXPRESS VISAGE, NIS199

STEP UP YOUR CLEANSING GAME (SOMETIMES IT'S JUST NOT ENOUGH TO USE YOUR FINGERTIPS)...



1
DESELI TWNREY, NIS2200, AVAILABLE AT DESELI CENTER, 11 MOSHE LEVI STREET, RISHON LETSIYON



2
LALINE FACIAL KONJAC HEART CLEANSING SPONGE, NIS24.90



3
LIFE SONIC SKIN CLEANSER, NIS199, AVAILABLE AT SUPER PHARM STORES



4
MAC GENTLY OFF WIPES, NIS153



5
MAKE UP ERASER A TPELLEZZA, \$20