



SKINCEUTICALS PHYTO CORRECTIVE MASQUE IS A MARVEL THAT CAN – IN FACT, IT SEEMS TO BE HEALING MY SEEPING PALMS. I DON'T KNOW IF IT'S THE CALMING PEPTIDE OR COOLING BOTANICALS THAT DO IT, BUT BY GOD, THIS GEL WORKS.

# INGE HAS ISSUES

Cosmopolitan's Beauty Director INGEBOURG VAN LOTRINGEN gets a few things



We need to talk about...

## Calming angry skin

Flaring, itchy, weeping, scaly skin can happen at any time, as ever more of us know. My own palms, exasperatingly, currently model all of the above, like dermatitic stigmata. Triggers are numerous (stress, irritants, allergies) and often hard to pin down. While you should at least temporarily switch to skincare free from all irritants (I like Purepotions, from £4.65), you really need a salve capable of extinguishing the infernal burning and itching, pronto. SkinCeuticals Phyto Corrective Masque is a marvel that can – in fact, it seems to be healing my seeping palms. I don't know if it's the calming peptide or cooling botanicals that do it, but by God, this gel works. I also rate La Roche-Posay Cicaplast with its 5% healing panthenol, and Pai Instant Calm Redness Serum noticeably soothes, and is as free as can be from any contested, potentially irritating ingredients. And breathe...



Pai Instant Calm Redness Serum, £42. SkinCeuticals Phyto Corrective Masque, £55. La Roche-Posay Cicaplast Baume, £6.50

**TRE BEAU**  
Multitask – do your whole you while you Schmick! Eye Sme features iron out and the Wraps (£4.99) rid of frizz for the extra bits, if attractive Things A Overnight (£5.99) is clearing tix flare, sunrise. S

Liz Taylor no, it's a

### PERSONAL SHOPPER

**OBSESSED**  
\* Soaper Duper Fruity Green Tuberoses Body Wash, £7.50 Free from undesirables such as sulphates and colourants and from inflated prices: I love this brand, and these bubbles especially.

**IMPRESSED**  
\* Ciaté Mani Markers, £9.95 Now you can marker-pen your nails (don't pretend you never did in school) with abandon: these are filled with polish and come in five shades.

**NONPLUSSED**  
\* Sleek MakeUP Power Plump Lip Crayons, £5.49 With gently tingling natural compounds to plump? My lips feel as if I've plugged them into an electric socket. Send help!

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MINERAL SUNBLOCKS ARE GREAT FOR MATTIFYING, THANKS TO OIL ABSORBING TITANIUM DIOXIDE.



**Glow BEAUTY LAB**

*This month...*

## Oil busters

Can a shine-free T-zone ever be yours if you have oily skin? Acting Beauty Editor **FIONA EMBLETON** ditches the blotting paper to find out...

**Voya Balancing Act Soothing Facial Serum, £51**  
 Some serums for oily skin barely moisturise at all. This gel uses seaweed proteins to keep oil levels in check, and lavender to heal blemishes, yet still manages not to skimp on hydration. Worth every penny.

**La Roche-Posay Effaclar Duo**  
 Skin care duo with salicylic acid and niacinamide to clear pores and soothe skin.

**Sisley Intensive Serum, £103**  
 This mops up oil and unclogs pores with purifying ingredients such as java tea and salicylic acid. It leaves a slightly dewy finish - but in a good way, not in an "I just got soaked running for the bus" way.

**The Body Shop Tea Tree Anti-Imperfection Daily Solution, £11**  
 The soothing aloe vera means you get all the spot-zapping benefits of tea tree without the harsh drying effects. I found the smell a bit overpowering, though.

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**SkinCeuticals Mineral Matte UV Defense, £39**  
 Mineral sunblocks are great for mattifying, thanks to oil-absorbing titanium dioxide. Only apply this to your T-zone as the texture is similar to heavy foundation and prevents light reflection. Use your usual SPF for the rest of your face.

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