

**C**LEANSING is the quickest way to add radiance according to Caroline Frazer, skincare expert at Simple. "However, you need to use your cleanser properly," she says. "Massage it into your face for three minutes to remove dead skin and increase circulation."

Removing cleanser with a muslin cloth will also leave your face glowing. Try The Fab Pore, £9 from Soap & Glory, (boots.com) and The Sanctuary Perfectly Polished Hot Cloth Cleanser, £9.99, (01442 430 367).

The latest wash-off cleansers do more than remove make-up. Rodial A-List Cleanser, £48, (rodial.co.uk) has amino acids which are said to reduce pigmentation and age spots, while L'Occitane's Immortelle Brightening Cleansing Foam, £15.75, (0207 907 0310) contains citrus fruit peel to brighten.

#### COMBAT DULL SKIN

"Dullness is usually caused by dry skin," says Bharti Vyas, creator of Tesco's Skin Wisdom range, "so increasing moisture will increase radiance. Skin sometimes needs an extra boost so try adding an intensive serum to your basic routine."

Origins' Brighter by Nature Skin Tone Correcting serum, £31,

# Give your skin a radiant glow

CATHY WINSTON discovers the way to a brighter complexion

(origins.co.uk) with exfoliating salicylic acid improves skin clarity after one application. Elemis' Visible Brilliance radiance booster, £40, (01278 727 830) contains copper, zinc and magnesium, to revitalise the skin.

Finish with a light-reflecting moisturiser. RoC's Multi-Correxion range includes a day and night cream, both £29.35,

(0845 600 4477). They use silk micro-pearls to reflect light.

Ph Advantage Exfoliating Moisturiser, £55, (phadvantage.co.uk) contains glycolic acid to even skin tone and gives an overnight boost.

#### FACIAL TREATMENTS

"All treatments work much better on exfoliated skin," says Bharti. "Always cleanse thoroughly before using a face mask or use one with exfoliating ingredients."

Estee Lauder Idealist Dual Action Refinisher, £34, (0870 034 2566) will smooth skin. Clinique's five minute Turnaround Instant Facial, £30, has grains to gently scrub and chestnut extract to encourage shedding of dead skin.

For a concentrated

treatment, Vichy Aqualia Antiox Pro-Youth Fresh £24, (Boots) is a 21-day regime. The active ingredients, such as vitamin C, are packed separately so a stronger concentration can be mixed just before use.

#### CHEAT THE GLOW

Dove Spa Flash Dash Instant Beauty Drops, £17.50, (dovespa.co.uk) contain light-reflective particles while Skin Wisdom Instant Beauty Balm, £5.86, (Tesco) has fruit extracts to create radiance.

Elixir Extreme, £105, from the By Terry Or de Rose collection, (020 8740 2085) is packed with 24-carat rose gold to light up your complexion.

Finish with a base such as Korres Wild Rose Brightening Foundation, £20, (korres.com).

