

1 DO DAIRY

The soothing properties of milk have been known for centuries. Experts at London's Agua Spa suggest pouring a cup of full-fat milk and a quarter-cup of honey into your bath. Or, try goat's-milk-based **Cashmere Beauty's Rapid Recovery Cream**, £36.95.



2 DESCALE

Hyaluronic acid, lecithin and alpha lipoic acid are the humectants NY derm Dr Patricia Wexler looks for in a moisturiser. Try **Dermalogica Super Rich Repair**, £44, for a hyaluronic hit; **Korres Lecithin Cream**, £25, or **NV Perricone Face Finishing Moisturizer**, £58, which contains alpha lipoic acid.



3 GET A DIAGNOSIS

'With eczema, skin isn't just dry and itchy but also red and inflamed,' says Olay's dermatologist Dr Ginny Hubbard. 'Very dry skin should be treated like mild eczema – the skin's barrier function is lost.' £45, Aveeno and Oilatum all make specialist products.

GET GREAT SKIN FROM WITHIN

The essential fatty acids and evening primrose oil in **VegEPA capsules** (£11.95 for 60) smooth skin and hair as well as boost brain function, so you can get a glowing complexion and feel healthier, too. Order online at vegepa.com



HOW TO...

BANISH DRY SKIN

Why suffer Sahara-like skin? Smoothness can be yours with these moisture-maximising tips

Words Kim Parker Photograph Roger Neve

4 SCRUB UP SOFTLY

Too-harsh scrubs can be harmful, particularly on dry skin. 'Make sure your scrub contains gentle, spherical beads rather than shard-like pieces,' warns Dr Ginny Hubbard. We like **Olay Clarify Renewing Scrub**, £4.49, and **Laboratoire Remède Sweep**, £36.



8 BE TREATED

Turn crepey skin to velvet with **Clarins Pro-Active Body Hydrating Treatment**, from £48, which uses plant concentrates to comfort parched bodies. Or book **Space.NK's** silkifying **Essential Rose Body Cocoon**, £70 – it's a skin-quenching rose oil wrap that will leave you feeling petal-soft.

7 A SOFTER SHOWER

Use your daily douse to lock in moisture by applying **Bliss' glycerine-rich Super-Eucalyptus Smoother**, £24, pre-shower to protect your skin's lipid barrier, followed by a moisturising wash. Kate Moss loves **Kiehl's Creme de Corps Nurturing Body Washing Cream**, £15, or try **Dove's** brilliant **Cream Oil Body Wash**, £2.99.



6 FIND YOUR FACIAL

Nourishing angelica extract ensures **Decléor's Aroma Mosaic facial**, from £40, dotes on dry faces, while the anti-ageing **Guinot Hydradermie facial**, from £43, and **Calmia's Pure Skin facial**, from £65, are the stuff of beauty legend.

5 SATINISE LIMBS

To keep limbs lush, slather on **Biotherm's** bestselling **Baume Corps**, £28.50, with olive oil, Vitamin E and urea. We also rate **The Body Shop Aloe Caring Body Balm**, £10, for its amazing descaling abilities.

