

The first thing people see when they look at you is your face. It is essential as we get older to take care of our face in particular our skin.

## 1. Cleansing

Women who wear make-up should carry out a routine of cleansing, toning and moisturising each evening, as well as washing their face in the morning. Cleansing will remove old make-up and the grime and grease that has accumulated during the day.

- Remove mascara with a cotton bud dipped eye-cleansing lotion. To make the job easier keep your hair off your face.
- Remove the eye shadow by gently wiping it off with a pad of clean cotton wool moistened with eye-cleansing lotion.
- Pour a little face cleansing cream into the palm of one hand and dab it generously over the nose, chin, forehead and cheeks—using two fingers of the other hand.
- Massage the cream into the skin, starting under the throat, using a gentle upward motion.
- Continue massaging the cream up to the forehead, using the fingertips.
- Gently massage the cream from the eyes to the nose.
- Massage cream back over the chin, which is particularly prone to blackheads. Use the index finger.
- Remove the cream from the face with tissue pads in each hand. Start under the chin and work over the cheeks and on to the forehead

## 2. Toning

Toners remove all traces of dirt, make-up or cleanser that remain after cleansing.

- Immediately after cleansing apply toner to the forehead and cheeks on a pad of cotton wool.
- Apply the toner to the crevices around the nose.
- Apply the toner to the crevices around the chin.

## 3. Moisturising

Without moisture, the skin will not remain smooth and supple. The face is exposed to the drying effect of the weather, so moisturisers — which form a film over the skin — contain and augment the natural moisture.

- Using the tips of the fingers, dot moisturising cream lightly all over the face.
- Press the fingers of both hands into the centre of the forehead and work the cream slowly outwards. Pat the cream gently around the eyes.
- Work the cream around the jaw line, chin and mouth with the middle fingers of both hands.
- Massage the cream over the throat with alternating hands, using upward strokes from collar-bone to chin.