

q&a Dr Inaam Faiq



Inaam Faiq warns that sunburn is a threat even during the cooler winter months, and so advises sunscreen still be used. Courtesy Eternel Clinic

Doctor's orders: how to care for skin in winter

Hafsa Lodi

Dr Inaam Faiq, a general practitioner and aesthetic specialist at Eternel Clinic in Dubai, offers advice on optimum skincare during the cooler weather.

Q Is winter any different from the summer months in the UAE, in terms of dry skin?

A During winter, people generally complain of dry skin, which is caused by the colder weather and a reduction in humidity. To protect your skin from dryness, it's essential to moisturise preemptively and more often during this season.

What are some common problems women have with skin during this time of the year?

Other than dry skin, people also may suffer from chapped lips, so a quality lip balm handy at all times. Dry hands and feet are also specific problem areas, so taking extra care to moisturise them is important.

Sunburn is also a surprisingly common problem during the winter, because people often underestimate the importance of applying sunblock during the colder months. Even if it doesn't feel hot, the sun's rays can still be

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Dr Inaam Faiq general practitioner and aesthetic specialist at Eternel Clinic in Dubai

harmful and may still contribute to skin cancer, wrinkles and other problems.

What are some causes of dry skin, and how can we combat them?

The main cause of dry skin is weather. Sun exposure causes the most significant damage, as it can affect the deeper skin layers, which can then lead to wrinkles and sagging. Central heating, hot baths and showers, frequent swimming in heavily chlorinated pools and over-washing with harsh soap and detergent can also be bad for you. Excessive use of sanitisers and cleaning agents that include alcohol can lead to skin conditions such as eczema or psoriasis.

What's your recommended daily skincare routine for the winter months?

Skincare routines should be adapted for the winter months while keeping personal needs in mind. In general, gentle exfoliation is recommended – it helps remove dead cells, leading to more effective hydration techniques. It is also useful to switch from light summer lotion to heavier face and body cream if you feel your skin is drier in the winter. Extra care should be taken around the eye area, as this is the thinnest area of facial skin and is especially prone to detrimental winter effects. Make sure to use a specialised eye cream at least once a day during the winter.

What ingredients should we look for when buying moisturisers? Products with emollients such as phospholipids and lecithin gently hydrate and heal the skin. Zinc oxide is also a great and natural active ingredient that protects against sun damage. For a more natural approach, try plant-based oils such as olive, coconut and jojoba. They mimic the soothing oils that our own skin produces.

Are there any treatments you offer and recommend for renewing fresh facial skin this season?

A hydrafacial is a non-invasive treatment offered at Eternel that uses a super serum filled with antioxidant peptide and hyaluronic acid. These two active ingredients work together to boost hydration within the skin, which, in turn, helps to combat the signs of ageing and leaves your complexion looking and feeling renewed and rejuvenated.

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Out of the cold

Our favourite balms, masks and make-up for beauty that's winter-proof, plus tips on keeping your skin soft and supple during the cooler weather



Kiehl's Ultra Light Daily UV Defense

I'm a big fan of the beach. However, I've made two major mistakes in the past when it comes to protecting my skin while I am there: I would refrain from putting sunscreen on my face, fearing it would hinder my attempts at tanning and I started using the same over-the-counter sunscreens used on my body on my face, too, only to break out from their oily compositions. For facial sun protection with a light, non-greasy formula, an application of Kiehl's sunscreen does just the trick – no burns or breakouts.

● Dh145, Kiehl's

* Hafsa Lodi



Sephora Ginseng Sleeping Mask

Having used daytime face masks by Sephora, I was a bit hesitant about wearing one overnight, fearing it would be just like the wet tissue-like day mask, and would come off or, worse, leave my pillowcase soaked. I was pleasantly surprised with the night mask, which is a moist jelly substance packaged in a small plastic cup. After washing and drying my face, I rubbed it on and got into bed. After a few moments, I forgot that I had anything on my face – there was no tightening or discomfort and it didn't transfer onto my pillow or sheets. I woke up with my skin feeling soft and rejuvenated.

● Dh20, Sephora

* Hafsa Lodi

Obagi Hydrafactor Moisturising Cream with Sunscreen

Throughout my teenage years and early 20s, I suffered from acne-prone skin. When I finally went for a consultation with a dermatologist, she recommended that I start using a facial moisturiser by Obagi. Since then, my acne has cleared and I've drifted between various face creams – though always sticking within the Obagi line. My latest experience has been with the brand's Hydrafactor cream, which also includes sunscreen. Light and soothing without being too greasy, it is a good base for applying make-up, which is hard to achieve with many sunscreen-moisturiser duos on the market.

● Dh230, Obagi MediSpa

* Hafsa Lodi



HydraFactor

Moisturizing Cream with Sunscreen

Broad Spectrum SPF 30

Net wt. 2.5 oz. (75 g)

Glossier Balm Dotcom

When it was announced Glossier would be available worldwide, I was ecstatic. The brand – the brainchild of Emily Weiss, founder of beauty website Into The Gloss – has a reputation of being both practical and impressively appropriate for a wide range of skin colours. Balm Dotcom, the brand's skin salve, works its magic on dry, cracked lips, hands and even elbows. Available on net-a-porter, the colourless balm goes on smoothly and doesn't leave that uncomfortable sticky residue that many balms do. It's also fragrance-free and long-lasting. The packaging is equally exciting and features a pale pink-and-white box. To add to the allure, the balm comes with a set of endearing stickers, including a pair of googly eyes and a moustache.

● Dh99 for a set of three, www.netaporter.com

* Ashley Lane



Glossier.

balm dotcom

universal skin salve

1.8oz 20ml

Glossier.

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1.8oz 20ml

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balm dotcom

universal skin salve

1.8oz 20ml



Re(Marc)able Full Cover Foundation Concentrate

While there are several kinds of liquid foundation on offer from a variety of cosmetics brands, it's rare to find one that is both oil- and water-free. Moreover, it's often difficult to find one with a pleasant scent, since many have a rather pungent, chemical smell. Containing mimosa extracts, jojoba, sunflower and acacia, upon application this Marc Jacobs formula is light. Don't load it on, though, as it can quickly get hard and cakey. The key is to use just a few drops for a natural look, while still getting lots of coverage.

● Dh220, Sephora

* Hafsa Lodi



Shiffa Healing Balm

I love the way this smells, I love the way it feels and, although it is very expensive, every little dollop I allow myself each day during the winter is entirely worth it. Shiffa Healing Balm is the most beautiful product I've ever owned and, boy, did it come in handy this month when I returned from Egypt after several days in dry, chilly Cairo with a serious case of dry face. Within days, my flaky skin returned to normal. There is so much good stuff in this product – shea butter extract, avocado oil and calendula flower extract, to name but a few – and no nasty chemicals. The scent, from the lavender and camomile flower oil, has an instant calming effect, too.

● Dh390 per pot, Sephora stores and Shiffa.com

* Ann Marie McQueen

refresh your make-up bag with a few cool new essentials



▲ Apa Beauty tooth gloss

From cosmetic dentist Dr Michael Apa (who divides his time between New York and Dubai), Apa Beauty tooth gloss is an instant smile brightener, inspired by beauty tricks on the catwalks. It nourishes your teeth and gums, and also fights bacteria, germs and bad breath – definitely something to throw into your make-up bag.

● Dh103, www.apabeauty.com



▼ Rahua Voluminous dry shampoo

Dry shampoo is a great saviour of greasy hair, not only in the morning when you're tight for time, but also when you're on the go and could do with a refreshing and volumising midday boost. Rahua's dry shampoo is 100 per cent natural, composed of ingredients such as clay, cassava root and fragrant star anise.

● Dh220, Harvey Nichols

► Yves Rocher botanical eye pencils

To take transform make-up from day to night in a jiffy, carry some of these coloured eyeliners to add a bright pop to your inner or outer eyelids. We are especially fond of the bright-blue and emerald shades. For added drama, pencil in extravagant wings.

● Dh55, Yves Rocher



◀ Chanel – Jouvance Contrast powder blush

Flip open the black lacquer casing of this blush and what lies beneath looks and smells like a rose. Paler shades, such as Fandango, are just the thing for giving your cheeks a lift during the day, while Alezane offers a deeper tone with subtle sparkle that makes it the go-to evening blush for accentuating cheekbones and contouring. Next time you're passing a Chanel beauty counter, take time to smell the roses.

● Dh210, Chanel

* Hafsa Lodi and Rebecca McLaughlin Duane

lip service

Beauty trends dictate an increased emphasis on bold lips and less of a focus on overworked eye make-up. This winter, opt for extremes: think deep purples, oxbloods or barely there nudes.



◀ Glamstick in bite Dh165, Rodial

▲ Glamore lipstick in vega Dh150, Illamasqua

* Hafsa Lodi

◀ Seven deadly sins lipstick in lust Dh135, Lipstick Queen

► Saint lipstick in bare nude Dh135, Lipstick Queen

▼ Urban Decay make-up palette

The Urban Decay Naked line has become a household name in the cosmetics world and is listed as a must-have by most beauty bloggers. Since the almost 12-inch rectangular palette doesn't fit in every handbag, Urban Decay has introduced a compact on-the-go version, complete with neutral eyeshadows, eyeliner, gloss, bronzer, blush and mascara.

● Dh148, Sephora



▼ Hollywood Fashion Secrets

To help with those unforeseen wardrobe malfunctions, products by Hollywood Fashion Secrets are key. Its fashion tape can save the day if your blouse pops a button, while small sponges easily remove dreaded deodorant marks from clothing.

● From Dh30, Boom & Mellow

