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# professional player



## Hotel Football

Eat, Drink, Sleep Football

## Shehneela Ahmed

Her journey to become  
the first Asian female agent  
in football

## Matthew Etherington

An exclusive look back on an  
18 year career and what the future  
holds for the Potters legend

## Geoff Scott

What's next for XPRO?



# WINTER SKINCARE

## HOW TO SAVE FACE: 5 TOP TIPS

For many people, the cold, clear days this time of year bring more than just a rosy glow to the cheeks, with winter wreaking havoc on sensitive skin and hair. As central heating inside can cause just as much damage as the cold air outside, a 24/7 defence system is essential - so follow these 5 tips for a truly winter-proof complexion.

By Tom Robertson

1

As weather conditions change, so too should your skincare routine. Switch to a **moisturiser that's oil-based** (avocado, primrose and almond oils are particularly nourishing) rather than water-based; the oil forms a protective barrier perfect for shielding your skin from icy winter winds.

2

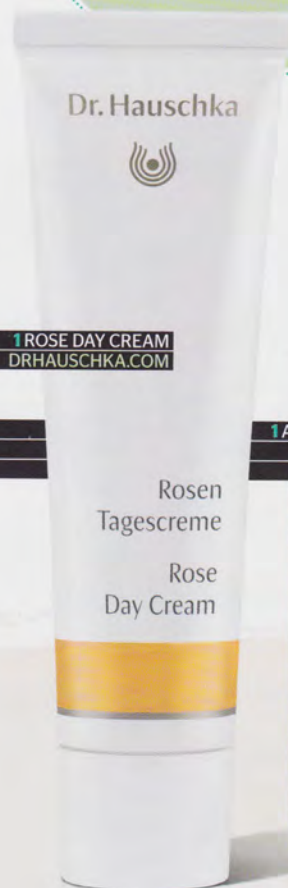
Our lips have a rough time irrespective of the elements, but the cold air and icy winds of winter can cause extra damage. Created over seventy years ago, Elizabeth Arden's 8 Hour Cream is a classic for a reason (**one is sold every thirty seconds**); doing exactly what it says on the tin, it leaves you with soft, intensely moisturised lips for hours on end.

3

It's hardly breaking news but if there's one thing sure to age your skin, it's the sun. Don't be deceived by the drop in degrees, the **winter rays can cause just as much damage** - if not more - so ensure sunscreen features in your beauty routine all year round.



ENSURE  
SUNSCREEN  
FEATURES  
IN YOUR  
BEAUTY  
ROUTINE



1 ROSE DAY CREAM  
DRHAUSCHKA.COM



1 AURELIA CELL REVITALISE  
DAY MOISTURISER  
AURELIASKINCARE.COM



2 EIGHT HOUR CREAM  
NOURISHING LIP BALM  
ELIZABETHARDEN.CO.UK



3 PROTECTION  
PLUS DAILY  
ALPHA-H.COM

PROTECTION PLUS  
DAILY SPF50+  
BROAD SPECTRUM CREAM  
50ml/1.69 fl.oz  
CONCENTRATED SKINCARE  
AUST-L 214340

3 CLINIQUE  
SUPERDEFENCE  
SPF 20  
CLINIQUE.CO.UK