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UK EDITION

# PSYCHOLOGIES

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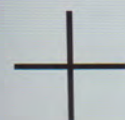
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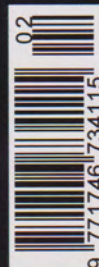


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# 10 WAYS *to use* five minutes

Cleansing your skin should never feel like a chore. Eminé Ali Rushton shows how to repurpose your precious time with these pleasurable holistic tips, designed to boost both your skin and emotional health

Come the day's end, we often find ourselves standing at the sink for a quick brushing of teeth and washing of skin. It's not implausible to think that even in these very busiest of times, we might be able to put down our phones, lock our bathroom doors, and spend 10 minutes cleansing our faces. Yet, the national average for time spent face-cleansing is just three minutes, and the most common methodology a pre-treated cleansing wipe rubbed across the face to take off the day. Let's rethink this. For me – someone who far too often says, 'I don't have the time!' – face time is as non-negotiable and instinctive as feeding myself. While I can put off almost anything (from yoga classes to dentist appointments), I always get to the sink, run hot water, and lean in. I've been doing it since my mid-teens, and it's never felt like a chore. For me, it's not something I *have* to do; it's something I really *want* to do – it's pleasurable, effective,

de-stressing and symbolic of all the things I'm leaving behind in favour of a more relaxed evening. I feel, literally, that I am washing off and easing away the tension of the city, the commute, the working day's worries. I like being able to touch my skin, properly – massaging, stroking, 'reading' it, which in turn, helps me treat it accordingly. A good friend of mine, however, does quite the opposite. She keeps her 2-in-1 cleansing and 'moisturising' wipes on her bedside table – she turns off the lights, climbs into bed, reaches for one, removes make-up, then turns over and goes to sleep. There's no contact or recognition in her act – cleansing her skin is her very last thought, at the bottom of the day's pile.

These 10 suggestions would, doubtless, overwhelm my friend – but they're not meant to be used in tandem. Simply dip into the list and pluck one thing, once a day. There's no order, no prescription. But each will do two things: make you feel better, and make your skin look better, too.





“A couple of tablespoons of a good organic aloe vera juice, made from the inner gel of the whole plant, is a great liver cleanser”

#### >>> CRÈME DE LA CLEANSE

Your cleanser – be it cream, foam, oil or milk – is a wonderful massage medium. Make it work harder for you, says facialist Emma Hardie. ‘Once your cleanser is massaged in, take a warm damp microfibre cloth to remove all traces of cleanser in long downward strokes – not circles. This linear method will help to drain away toxins and fluids held in the deeper layers of the skin, helping to give a toned, luminous look and detoxify and brighten.’ **Emma Hardie Amazing Face Dual Action Professional Cleansing Cloths, £14 for three.**

#### EYE OPENER

‘Before applying serum or cream, massage for three minutes around the eye area,’ says facialist Sarah Chapman. ‘Lightly pinch under the eye to stimulate blood flow, apply light tapping and pulsing to pressure points around the eye and lightly drum your finger underneath, which will help stimulate drainage.’

#### ESSENTIAL OILS

Fill your sink with hot water and add the following essential

oils, depending on your skin’s needs (two drops of each): geranium, camomile and lavender to soothe sensitive skin and de-stress the mind; rose absolute and frankincense to hydrate skin and boost optimism; eucalyptus and fragonia to heal blemished skin and clear the head; and roman camomile and lavender to calm redness and encourage sleep.

#### SAY ALOE

‘A healthy liver and good circulation are essential for glowing skin. A couple of tablespoons of a good-quality organic aloe vera juice, made from the inner gel of the whole plant, is a great liver cleanser. You can also apply Pukka Aloe Vera Juice (£11.95/500ml), topically to soothe sore or sensitive skin,’ says Sebastian Pole, co-founder and herbal director of Pukka Herbs.

#### REBALANCE SKIN’S PH

When healthy, the skin’s acid mantle is just that, acidic, with an optimal pH of 5.5. One of the easiest ways to maintain skin’s pH (and health) is by sweeping an acid-based toner over the face after cleansing. I love **Grown Alchemist Balancing Toner, £22**, and **Sarah Chapman Liquid Facial Resurfacer, £36** – the former is gentle and soothing, the latter is exfoliating and refining.

#### PRO TREATMENT

The right gadget can optimise your routine and improve your skin’s condition, while also reducing the time it takes to >>>



## TIME TO MAKE A CLEAN BREAK

Give your skin a treat with some of these great products



FROM LEFT:

Foreo Luna Mini, £99; Grown Alchemist Balancing Toner, £22; Sarah Chapman Skinesis Liquid Facial Resurfacer, £36; Aurelia Probiotic Skincare Cell Repair Night Oil, £45; De Mamiel Restorative Cleansing Balm, £37

“Massage coconut oil through the scalp and hair to moisturise – leave in overnight, shampoo out during your morning shower”

>>> cleanse. I love the **Foreo Luna Mini**, £99 – it’s entirely non-abrasive, and the vibrational action feels wonderful – I can sense the tension melting away when I use it on my forehead and around my jaw. Oh, and one charge lasts for seven months – a dream for someone like me who always forgets to charge her sonic toothbrush.

### OUT OF PUFF

‘Pour a small amount of water into a small balloon, secure, then put in the freezer. Once frozen, wrap in your usual muslin cloth or a flannel and, once the cold has penetrated the cloth, use it to stroke upward over the face. This mini treatment will de-puff and bring an instant rosy glow – I swear by it,’ says Sarah Chapman. Once you’re finished, pop it back in the freezer for future use.

### HIGH BROW

The muscle that sits between our brows – where vertical frown lines tend to be most prominent – is called the corrugator due to its structure. This accordion-like muscle can hold a surprising amount of tension, so take five minutes to pinch

along the length of your eyebrows, rolling the skin upward with your thumbs and forefingers, before releasing. If it’s a tad painful, that’s a good thing – you have obviously hit tension and should stay in that area, kneading and rolling until it eases – similar to working out a knot in the shoulders during a massage.

### FRESH BREATH

The simplest way to boost your cleansing routine is to breathe deeply throughout – try inhaling through your nose up to the count of six while you massage cleanser onto your face, then exhaling out to the count of six while you rinse your skin. Repeat with each step of your routine – in and out breaths, as you apply serum, cream or oil. Keep an eye out for products with aromatherapeutic benefits that will also boost your relaxation levels while you inhale – I love **Aurelia Probiotic Skincare Cell Repair Night Oil**, £45, and **De Mamiel Restorative Cleansing Balm**, £37.

### YOU SHOULD COCO

Keep a small pot of organic virgin coconut oil in your bathroom cabinet – it’s a great make-up remover, massage medium (ideal for the moves above, in lieu of a cleanser), and if swirled around the mouth and teeth, it also helps to keep gums healthy (solid at room temperature, it turns to liquid in your mouth). I like to massage through the scalp and hair to moisturise – leave in overnight and shampoo out during your morning shower.