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BEAUTY

## 2018's New Beauty Rules

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**W**as one of your New Year's Intentions (we don't do resolutions, remember!) to ramp up your beauty regime and evolve to a *bone fide* beauty aficionado? Well you're going to have to know the new beauty rules before you set off. Buckle up, because here's the lowdown...

#### *Use a cleanser in the morning, too*

No, not just at night. That lovely sheen you see on your skin after sleeping, whilst nice and glowy, is oil and excess sebum. And it needs to be escorted off the premises before you begin with the rest of your regime as to leave it on the face would impair the good work your other products need to do.

#### *Double cleanse at night*

Yes, that does in fact mean you are cleansing three times per 24 hours, but just do it. It's essential for good skin. At night the first cleanse can be with a micellar water or milk to take makeup and grime off (yes, there's grime on your face, just try cleansing when you've no makeup on and you'll see). The second cleanse is the one that matters as it gets in deep and cleans pores, delivers acids, vitamin C, or whatever therapeutic ingredients you've gone for. Some skins may need a foaming gel cleanser depending on type, but go easy here – more often than not, they de-hydrate and a good looking skin is hydrated to the max. Skin with limited oil looks older, so don't strip it all in the name of 'a good clean' – if you're cleansing three times per day with appropriate products, all is well. Personally, I use the *Garnier Micellar water* to take eye makeup off and *Biologique Recherche Lait VIP O2*, which is oxygenating milk that helps to brighten skin whilst also fighting impurities. It has helped change my skin immeasurably over the past few months.

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