

No.1

SCOTLAND'S TOP

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EXCLUSIVE

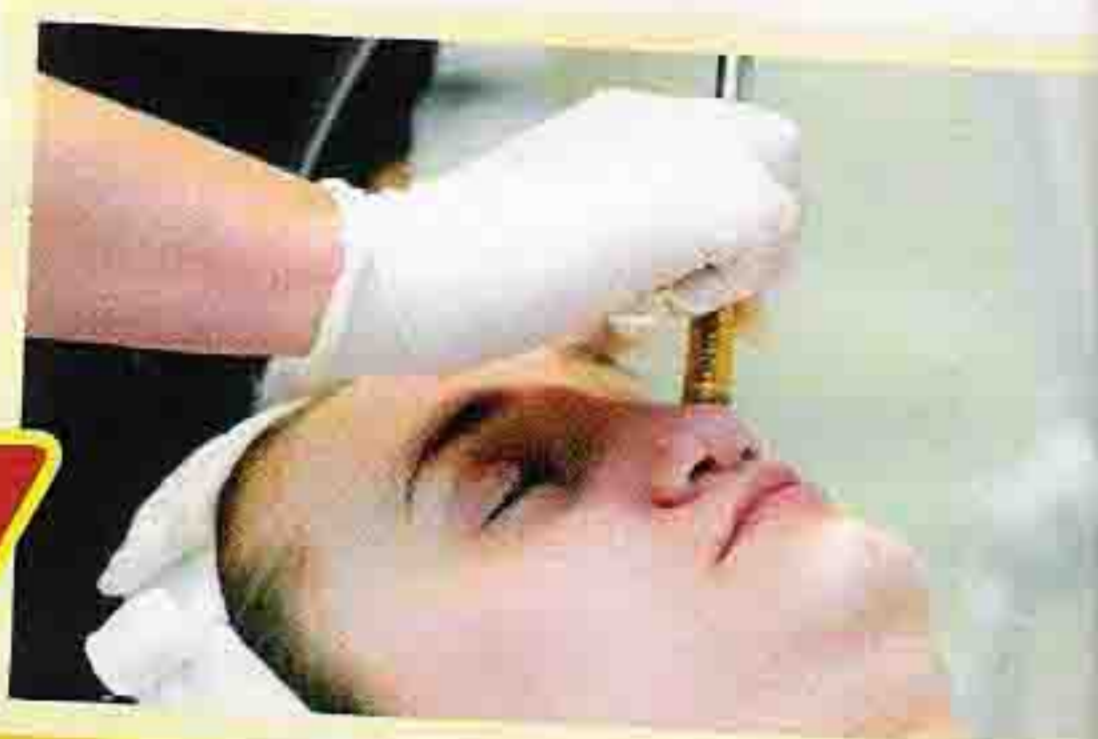
On how Memphis

LISTEN UP, LADIES!



DEEP CLEANSE

Strip away all of that dirt that's been clogging up your pores, it's way deeper than a simple at home 'cleanse, tone and moisturise' can get rid of. What you need to do is get down to a salon for a peel and a scrub to make you feel fresh again. You simply won't believe how much better you look and feel.



MICRODERMABRAS

By now you are no doubt familiar with this term become a 'must have' for anyone wanting your looking skin without surgery. This would be an investment and a half at this time of years, go to salon and have them scrub away the years and be glowing by party season.

QUICK FIX

There's absolutely nothing worse than getting a huge pimple days before a big event. If you find yourself facing this awful predicament try Clearasil Ultra Rapid Action Treatment Cream (£4.99, www.boots.com) which helps clear skin up within three days and you shall go to the ball!



QUICK FIX

To help get rid of dead skin and generally brighten your complexion try Triple Fizzing Facial Peel from Dr Denese (£34.94, www.drdenese.co.uk). It warms on the skin when applied and fizzes all over in a strangely pleasant way, excellent for a winter pick-me-up.



AGERA RX FACIAL

Skin Solutions at Mulberry House in Edinburgh offers this facial which not only strips away dead skin cells, adds a surge of moisture but also helps feed living cells and tissues with a healthy supply of blood. Sounds good? Well there's more, it also helps protect against the elements and keeps skin looking smooth too.



MOISTURE INJECTION

Who wants a face like a python? It's awful when winter turns you skin all scaly, but many salon now offer specific moisture burst facials and masks which drench the skin in all of the thirst-quenching ingredients that make you look radiant and young again. Hallelujah!

I MUST REMEMBER TO...

- Continue to wear SPF: just because it's winter doesn't mean the rays from the sun are no longer ageing
- Ease off on the soap: using soap and water on your face in the winter strips you skin of the oils needed to keep it protected
- Have a damp towel on the

