

pretty
Cheeky

HOW TO MAKE YOUR CHEEKS GLOW
ALL WINTER LONG

by Emily Saso

SCRUB WITH OATS

Because it removes dead skin cells and lets the softer, newer skin beneath shine through, exfoliation is key to renewing the way with your complexion. Give your face a good scrub once a week with a mixture of oatmeal and water. The oatmeal's coarse texture will slough away dead skin and it doesn't contain any chemicals or additives found in many exfoliants that can dry out your face. It won't look good going on but don't worry, your face will look renewed once the oats are off.

BLUSH IS BEST

There are many blushes on the market that are natural and contain organic ingredients. Look for ones that contain tapioca starch or cornstarch to keep things matte and beet or radish powder for pigment. Of course, you should always select a blush that works with your skin tone, not against it. If you're light skinned, stick to pink and coral hues. Dark skinned? Try out some wine and burgundy shades. After buying a new blush, it's best to try some on and look at your reflection in natural sunlight to make sure the shade is a true match.

GET MOVING

Since exercise increases blood flow to the skin, there's nothing better than a good workout to really get cheeks glowing! While your red cheeks may make you laugh on the treadmill, they will fade to a lovely pink once you've cooled down completely. Just be sure to cleanse your face afterwards — if sweat is left on for too long the salt buildup will dry out your skin and make it itchy, especially if you suffer from eczema. Also, when you do hit the gym, make sure to remove your make-up. Foundation and other products can clog your pores while your body is trying to sweat it out.

TRY NOT TO TOUCH

It's a tough habit to break, but the less you touch your face, the better. The oil and bacteria your hands come in contact with can cause breakouts if transferred to the sensitive skin on your face. Also, when applying moisturizer on your skin, use very light upward strokes instead of downward. This will help keep your facial muscles taut and avoid premature skin sagging in the cheek area.

Aubrey Organics Silken Earth Powder Blush (3g, \$11.95)
"It blended well with my skin colour and gave me a natural-looking warmth."
- Bo, Freelance Journalist, 28

BONUS TIP

Smile More!

It seems obvious but by showing your pearly whites more often your cheeks will also benefit. A big smile pushes your cheekbones to the forefront and lifts your entire face.

THINK INSIDE-OUT

Many studies have suggested that the best way to make your skin soft is to start from the inside. When taken as a supplement, omega-3 loaded flax oil has been shown to decrease unwanted red skin, water loss and dryness. Borage oil, which comes from the seeds of the borage plant, is rich in omega-6 and is also good for the skin. Of course, hydration is also crucial for a good complexion, so be sure to drink eight glasses of water every day.

SPF IT UP

Only Santa Clause can pull off a bright crimson cheek in the dead of winter. You, on the other hand, need to keep your complexion naturally rosy, not red. Although it's cold outside the sun can still harm your skin. In fact, according to the *World Health Organization*, since snow reflects the sun's rays and adds to overall UV exposure, a sunny day outside in the winter can be even more harmful to skin than in summer! While covering your body with layers of warm clothes is a no-brainer, be conscious of the skin on your cheeks as it will likely be exposed. Slather on the sunblock (use SPF 30 for long-lasting protection) and avoid spending more than 15 minutes outside during the peak hours between 10am and 2pm. ♡

Lavera Loose Powder (10g, \$28)

"I like the feel of this powder on my whole face — it's really light and controls shine well."
- Melanie, Finance Administrator, 31

