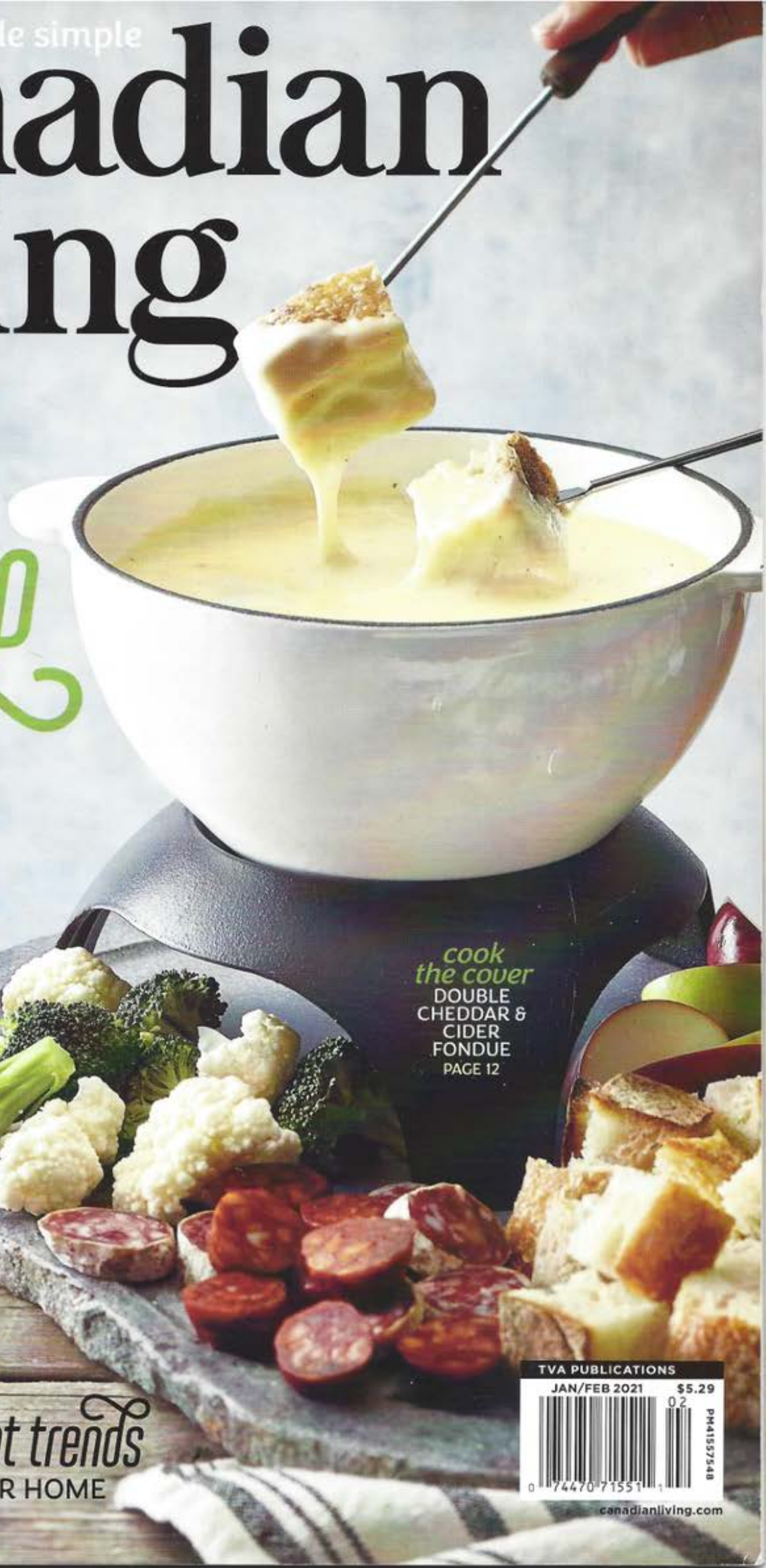


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winter warm-up



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you glow girl!

If you feel like your skin's been looking lacklustre lately, don't fret. You can get rid of that dull complexion and enjoy radiant skin all winter long!

TEXT JESSICA DOSTIE



LET IT GLOW

REMOVE DEAD SKIN

It's natural to think that if you have dry, flaky skin, you shouldn't exfoliate, but that's not the case—in fact, the truth is the exact opposite. If you've got dry, mature skin, exfoliating will remove dead cells and oxygenate the dermis, boosting circulation and stimulating cell renewal, which in turn gives you that healthy glow. Whether you opt for a mechanical exfoliation or a chemical peel, the goal is the same: to rid the skin of dead cells that make it appear dull. Very easy to use, mechanical scrubs (made with fine particles) are applied to skin in circular movements, while

chemical exfoliators, a.k.a. peels, dislodge dead cells using the dissolving action of fruit acids or other enzymes. Try to exfoliate twice a week with either option.

PROTECT WITH MOISTURIZER

As soon as the weather changes, the skin starts to feel dry, especially when the furnace comes on. Now's the time to ramp up your moisturizing game. Switch out your summer lotion for a deeply hydrating cream, which will also act as a barrier for extra protection. And don't forget, just because it's winter, it doesn't mean you can skip the sunscreen!

LET MAKEUP WORK FOR YOU

For an instant boost of radiance, makeup is your friend. Start with a highlighting base that you apply under a tinted cream, or choose a foundation enriched with reflective particles for a healthy glow. Use a highlighter on the top of the cheekbones and the brows.

Our product picks

1. **LISE WATIER** The Perfect Cream Multi-Tasking Moisturizer, \$35, lisewatier.com.
2. **FUNCTIONALAB** Mineral Sunscreen SPF 50, \$50, dermapure.com.
3. **ILIA BEAUTY** Liquid Light Serum Highlighter, \$54, well.ca.
4. **THE BODY SHOP** Vitamin C Glow Boosting Microdermabrasion, \$23, thebodyshop.com.
5. **LAURA MERCIER** The Perfect Cream, \$88, thebay.com.