



WHAT TOXINS REALLY DO TO YOUR SKIN

If your skin seems out of sorts, it could be because of exposure to pollution in the air. "Prolonged exposure to air pollution can result in redness, inflammation, sensitivity and premature skin ageing," says Marie Enna-Cocciolone, founder of Ginger & Me and O Cosmetics. Letting things progress could lead to "eczema, dermatitis, psoriasis and even acne", she adds.



WASH IT

Slather on a vitamin-packed mask to draw out impurities and boost your antioxidant levels. Choose your method:



LAYER UP

Implement a routine that will protect the skin from free radicals (the nasties caused by pollution) by layering on vitamin- and botanical-spiked mists, micellars and serums. "This shield on the skin supports cellular health and fights free radical damage," says Enna-Cocciolone, who suggests a final layer of mineral sunscreen.



KEEP IT CLEAN

After a day in the concrete jungle, a double-cleanse will get rid of the grime. "Using powerful pre-cleansing oils combined with deep cleansing products ensure the pollutant particles on our skin's surface are dislodged and removed effectively," says Emma Hobson, education manager for the International Dermal Institute and Dermalogica. Also exfoliate with a chemical or mechanical exfoliator. "AHAs and BHAs clear dirt and pollution debris from pores," says Hobson.

Try: **Dermalogica** Daily Superfoliant, \$85; **Simple** Kind to Skin Hydrating Cleansing Oil, \$9.99.

The classic: **Mukti** Deep Cleanse Antioxidant Masque, \$74.95, detoxes while dosing skin with antioxidants and minerals.

New age: **Elizabeth Arden** Prevage City Smart Double Action Detox Peel Off Mask, \$99, peels off after 20 minutes for clean, bright skin.

ANTI-POLLUTION MATHS



Chanel Le Bi-Phase Visage Anti-Pollution Face Makeup Remover, \$62.



O Cosmetics Micellar Treatment Gel, \$39.95.



Ultracuticals Ultra Protective Antioxidant Complex, \$89.



Little Urchin Natural Sunscreen SPF 30, \$24.95.