



**12 LATHER WITH CARE** "Mild cleansers are one of my best secrets," says dermatologist Dr Jonith Breadon. **Cetaphil Gentle Skin Cleanser** (\$7.60; 1800 800 765) doesn't clog pores and helps retain moisture.

**13 CHANGE YOUR PILLOWCASE!**

"I change my pillowcase twice a week to prevent bacteria build-up from make-up and hair products," says Kim Cheah, registered nurse at Brisbane's Clinic Aesthetic. "This bacteria transfers to your skin and clogs pores, which can cause breakouts."

**14 STRIKE A POSE**

Most of us would bend over backwards for great skin. US dermatologist Hema Sundaram bends forwards. "Yoga moves, such as Downward-Facing Dog and sun salutations, improve circulation. This surge of oxygen gives your skin that lovely yoga glow." So hit the mat: new research also finds that regular yoga practice can calm skin to help fight signs of ageing.

**15 GET YOUR GLOW ON**

"To make skin glow, I apply fresh papaya pulp to my face, neck and décolletage for 15 minutes," says cosmetic nurse specialist Claire O'Mara from All Saints Cosmedical in Sydney. "The papaya enzyme works on dead skin cells (as opposed to healthy tissue) and sloughs them away!" ❀

