



**New Idea**  
**Monday 25/03/2019**  
 Page: 56  
 Section: General News  
 Region: National, AU  
 Circulation: 211855  
 Type: Magazines Lifestyle  
 Size: 1,435.00 sq.cms.



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## THE BEST PRODUCTS AND TIPS FOR THOSE NEGLECTED SKIN AREAS

**W**e're all well informed about the importance of a diligent skincare routine to fight the signs of ageing on our faces – testing countless formulas in night serums, face creams with SPF and the latest in eye creams to fight fine lines and banish those bags – but how often do we pay attention to the rest of our skin?

Other delicate areas, like the hands, neck and décolletage often are the first places to show signs of age and are likely to be an afterthought when it comes to skincare maintenance.

We have some site-specific formulas to help hydrate these areas, promote healthy skin and minimise the signs of ageing.

### HANDS UP

The old saying that the hands are a true indicator of one's age is sadly true. Our hands are often exposed to the harsh rays when driving and are often forgotten about when it comes to our morning and evening beauty routines. The back of the hands are susceptible to pigmentation and being crepey and can therefore age faster than the rest of the body.

#### SOLUTION:

Our top tips are to always apply SPF to your hands as you would your face in the mornings. Try to carry a hydrating balm or cream in your handbag or keep on your desk to remind you to rehydrate during the day. Hands are always drying out quickly as we're constantly using and washing them, so keeping up the moisture is a must. If your worry is pigmentation, try choosing formulas high in vitamin C to help brighten skin tone.

1. Skin Physics Advance Superlift Caviar Age-Recovery Hand & Nail Renewal Cream SPF15, \$39.99, [priceline.com.au](http://priceline.com.au).
2. Palmer's Cocoa Butter Formula Concentrated Hand Cream, \$4.39, [palmersaustralia.com.au](http://palmersaustralia.com.au).
3. Paula's Choice Resist Ultimate Anti-Aging Hand Cream SPF15, \$22, [paulaschoice.com.au](http://paulaschoice.com.au).

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Penelope Cruz

# FORGET ME NOT.





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### NECK

The skin on the neck and chest area is much thinner than on the rest of the body and has fewer sebaceous glands, which is why it tends to dry out and age quicker and more noticeably. We also now have the added strain of 'tech neck' which apparently means more pronounced crease lines due to the ongoing use of our phones and tablets! Heads up, ladies!

**SOLUTION**  
 Try site-specific products that target this fine skin. Apply creams and serums starting at the base of your neck and working the cream up, rubbing in gently with the back of your hands. A weekly mask specifically for the neck and decolletage area is also worth investing in, and you don't have to spend a fortune either. We love this Skin Republic option, which is super hydrating and there's always enough serum left in the pack to use on your face and the back of your hands.

**4. Olay Regenerist Revitalising Night Cream, \$34.99, olay.com.au.**

**5. Skin Republic Neck + Decolletage Repair, \$7.99, theskinrepublic.com.au.**

**6. Murad Rejuvenating Lift for Neck and Decolletage, \$99, sephora.com.au.**

### DON'T NEGLECT THE DECOLLETAGE

The skin on the decolletage can often suffer greatly from pigmentation and uneven tone due to sun exposure and perfume being sprayed directly on the area. Some fragrances contain notes like bergamot that can cause damage to skin and pigmentation when worn in the direct sunlight. The decolletage is also an area that can show deep, stubborn lines and wrinkles, most commonly caused from sleeping positions and excess skin. Try to treat this area in your day and night skincare routines. Remember the mantra that your face stops at your breasts, not your chin!

**7. Wrinkles Schminkles Chest Revival Kit\*, \$99.95, wrinkleschminkles.com.au. \* All proceeds from the sale of this limited edition pack are being donated to Pink Hope... just another reason to test out this baby!**

**NEW BEAUTY**

### 3 QUICK FIXES FOR STUBBORN SKIN CONCERNS

- Scars – Tried and tested: "After receiving a nasty little scar from burning my bicep with a cooking tray, I started using this cream to help alleviate the appearance. I have been using DermaScar for three weeks now and I have a noticeable reduction in the colour of the scar... I'm looking forward to seeing the results after longer use," Sally Nolan, Lifestyle Director, New Idea.
- Stretch marks – Unlike others on the market, this oil is free of vitamin A, which allows you to safely use it through pregnancy to help reduce the appearance of, and avoid further, stretch marks.
- Acne spots – These foolproof patches are your overnight buddies to help banish unwanted breakouts. Simply pop onto spots and let the tea tree and grape seed extracts work their wonders.

**DermaScar Platinum C&E, \$39.95, dermascar.com.au.**

**Bodyplus Skin Oil Intensive Skin Repair, \$19.95, chemistwarehouse.com.au.**

**Formula 10.0.6 Overnight Spot Minimizing Patches, \$6.99 for 4 pack, priceline.com.au.**

Rachel Weisz