

New year, new you

Sue Moxley has more top tips for looking good and feeling great, while being environmentally aware, in 2022

Always take your make-up off before bed

Keeping skin clean helps it to look more fresh and youthful, and taking time at night to deep cleanse your face and neck will help the repair that takes place while we are asleep.

Once or twice a week apply Lacura's Glycolic Toner (£3.49 at Aldi), that helps brighten complexion, and smooth on a serum to seal in moisture while you sleep such as the best-selling Hada Labo Tokyo Super Hydrator with collagen and retinol (£17.45 at Superdrug).

Take better care of your hair

If it has been easier not to worry about your hair as you've been going out less, now is the time to give it a little TLC! If your style has grown out of shape or the colour has faded, book a consultation to see how a new cut, shade and texture could update your look.

Invest in some new products to help protect hair during the cold winter months – celebrity stylist Lisa Shepherd's The Hair Boss has lots of problem solving products. Try smoothing on The Double



Hair Mask while you watch TV to revive manageability and shine (£19.99 for pack of two at Superdrug).

Wear more colour

Feel stuck in a same make-up rut? It can be easier to stick to the same shades as you know how to make-up in five minutes, but experimenting with colour – especially as we get older when our skin tone often changes – can really change your look. If you are not ready to venture back in store, check out the many make-up tutorials on YouTube and invest in a fun colour palette to



Sue Moxley is one of the UK's leading beauty experts; her career as a successful makeup artist took her around the world and she was the trusted artist for many celebrities. Sue branched into beauty journalism and was beauty editor of a national newspaper as well as other publications. She has also hosted several makeover shows on national television. She currently has a brand of beauty accessories and cosmetics in Tesco Extra stores and online: (www.suemoxleybeauty.co.uk).

get you started. The Essence make-up collection, available at Wilko, has lots of great eye palettes in complementing shades, just £4.

Give yourself a hand

Age-defying beauty Joan Collins believes our hands are the tell-tale give-away when it comes to revealing age, so if you're guilty of not wearing protective gloves to do housework, and not using hand cream regularly enough, start now! The skin on the hands is far finer than the rest of the body and prone to pigmentation problems, too. Try keeping hand cream by every sink, like Palmer's new Coconut Formula Coconut Hand Cream, £2.50 at Tesco.

