



## PEAK PERFORMERS

EVERYTHING YOU NEED BEFORE AND AFTER A DAY ON THE SLOPES

### THE MASK

**1** **REPLENISH HYDRATION**  
**MOISTURE MASK, 50ML, BY NO7. FROM ROOFTOP NATURALSKIN.** A day on the slopes might be your idea of heaven, but it's a different story for your skin. This gel-cream mask has vitamin E to counter the effects of wind, sun and cold.

### THE BALM

**2** **GLAM BALM, 50G, BY RODIAL (RODIAL.COM)** A brilliant all-purpose balm. Apply it to any facial dry patches before hitting the piste. Or, after a hard day's skiing, put a thick layer all over your face and leave for an intense to plump up wind-burnt skin.

### THE LIP BALM

**3** **SF7 20 PROTECTION STICK, 5.2G, BY MONTANA ESSENCE FROM ROOFTOP NATURALSKIN.** Keep this stick to hand to apply to lips and dry patches during the day. It is rehydrated by the largest skin without in France - 15,000 instructors can't be wrong!

### THE BATH SALTS

**4** **AMICA SOOTHING MUSCLE SALTS, 250G, BY THE ORGANIC PHARMACY (THEORGANICPHARMACY.COM)** A hot tub of these herbal salts is just what you need after a hard day on the piste. Eucalyptus calms, while arnica gets to work on any bruises.

### THE MOISTURISER

**5** **COMFORT ON OIL, 40ML, BY CLINIQUE (CLINIQUE.COM)** The wind can leave your face in desperate need of hydration. This cream instantly restores moisture and is particularly good for sensitive skin. Apply throughout the day.

### THE SERUM

**6** **ULTRACONCENTRE SERUM, 30ML, BY CLARINS (CLARINS.COM)** Sun, wind and snow all take their toll on your face if you're outside all day. Apply liberally under moisturiser and leave to soak in. Your skin will feel softer and ready for another day on the slopes.

### THE SUN CREAM

**7** **MINERAL CREAM, 50G, BY MONTANA ESSENCE FROM ROOFTOP NATURALSKIN.** It's not just the rays from above that you have to worry about in the mountains: the glare reflecting off the snow is just as damaging. This cream is a great sun- and cold block.