



PROBLEM: DEHYDRATION
SOLUTION:

Institut Esthederm Osmoclean Pure Cleansing Gel, £22

This gel lathers up and quickly gets rid of dirt and make-up, while also working to hydrate your skin.

Tester Emma says: 'After a few days of using it, the dry patches on my cheeks and above my eyes had gone. I usually use a foam or soap cleanser, so I was surprised by how nicely this gel formula worked for my skin. I'm honestly stunned by how it banished my dry patches.'

PROBLEM: LARGE PORES
SOLUTION:

bareMinerals Poreless Clay Cleanser, £19

This daily creamy clay formula helps to reduce excess sebum production and clear out pores without drying out skin.

Tester Louise says: 'I've always suffered from enlarged pores – especially on my nose and around my chin. I've tried a clay mask but this cleanser was perfect for me. It was easy to use, lathered up nicely and after about a week I did clock how much smaller my pores were looking.'



Dr Sarah Shah is the owner and aesthetic practitioner at Anisstry Clinic (anisttryclinic.co.uk). For more information on Dr Jonquille Chantrey, see drjonquille.co.uk.

Can a **CLEANSER** give you better skin?

Whether you suffer from sizeable pores, fine lines and wrinkles or dehydration, the latest oils, gels and creams promise to deliver just what your complexion needs...

PROBLEM: SENSITIVITY

SOLUTION: REN Perfect Canvas Jelly Cleanser, £25

This oil-based jelly promises to quickly melt away even waterproof make-up. The gentle formula had 90 per cent of REN's testers saying they felt no tightness after washing.

Tester Megan says: 'As I have dry, reactive skin, most cleansers make my face feel dry after using – but this didn't. My skin felt hydrated, really clean and glowy, and it got rid of all my make-up nicely in just one wash.'



PROBLEM: FINE LINES

SOLUTION: Super Facialist Retinol+ Cleanser, £11

This daily cleanser mixes wrinkle-fighting retinol with fruit acids to cleanse away impurities, slough off dead skin and rejuvenate your complexion.

Tester Jen says: 'I have mixed thoughts on this as it did make my skin a little dry, and you have to remove eye make-up before using it, which is a faff. But that said, it did leave my skin quite soft (it contains hyaluronic acid) and it had a nice smell. It's also a good price.'

YOUR CLEANSING QUESTIONS ANSWERED

How do I know a cleanser is working for my skin? Your skin should be clean and silky, without a hint of tightness. 'If your skin feels uncomfortable, it suggests you're stripping its protective barrier. This is most commonly seen with foaming cleansers,' says *Dr Jonquille Chantrey, aesthetics expert.*

How often should I be cleansing? Definitely at night but also morning is ideal. 'You want to remove inflammation-causing oil that's produced overnight, as well as residue from night creams which can leave a film on the skin,' says *Dr Sarah Shah, aesthetic practitioner.*

Do I need to cleanse twice each time? The key is to get skin to a clean enough level where if you ran a cotton pad over it, you'd see no residue. 'Depending on how much make-up you wear, you might need to use that same cleanser twice,' says *Dr Shah.*