

Beauty

FAST EASY WAYS TO LOOK AS GOOD AS YOU FEEL

Cold comfort

Just what you need on a hot day: an icy skincare treatment that'll not only give you a natural glow, but also leave your face feeling seriously invigorated. Called skin icing, it consists of massaging ice, or something cold such as a refrigerated jade roller, across your face. The technique is said to help smooth skin, reduce puffiness, soothe inflammation and tighten pores. While there's no scientific proof, anecdotal evidence is strong. Dermatologist and Mohs surgeon Dr Adam Sheridan agrees.

"Icing of the skin has long been used as a cosmetic treatment to reduce the appearance of inflammatory conditions, such as dermatitis and rosacea. Massage with a roller, especially when pre-cooled in the fridge, and it may also increase blood flow and result in a transient improvement in the skin's look and feel." But Dr Sheridan warns against excessive use of ice, which can exacerbate skin issues. "Five to 10 minutes will suffice," he says. If nothing else, it's a refreshing way to start the day!

Try these:

VANESSA MEGAN CRYO FACELIFT ICE CUBE TREATMENT

Freeze this skin-loving mix of vitamin C and hyaluronic acid and then sweep it gently over your face for glow-boosting hydration. The same treatment's used at Gwinganna Lifestyle Retreat, which is part owned by Hugh Jackman. **\$39.95, vanessamegan.com**

REVLON JADE FACIAL ROLLER Keep this in the fridge for maximum benefit. **\$19.99, Priceline**