

BEAUTY

This is how you can reset your skin for the new year

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Photo: Camilla Åkrans

As fun as the festive season can be, it plays havoc with our skin. Here's how to counteract the damage and sashay into the New Year with confidence



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Good intentions abound in January, but some are more necessary than others. The festive season is awash with bad habits, all of which can derail your glowing skin plans.

Of these, alcohol is the greatest saboteur as it's a diuretic. "Alcohol drains water from the body and removes fluids from the skin, causing dehydration and a lymphatic imbalance," says Dana Nel, a facial wellbeing expert. Not least because any precious hydration is diverted to the body's internal organs rather than the skin.