



cool change

Do beauty products lose effectiveness? *Stephanie Darling* considers whether it's wise to stay loyal to your favourites.

It's a familiar scenario. You finally find the skin and hair products you love – and which work – but wonder if you should occasionally switch them up. It's a question dermatologist Dr Ritu Gupta is often asked.

"There's no strong scientific evidence that skin or hair becomes 'immune' to products over time," she says. "If your current products work well, there's usually no need to switch. However, your skincare and haircare needs change with age, environmental factors [like humidity, sun exposure or seasonal changes] or new skin conditions."

Gupta says it's often best to stick with the tried and true. "Constantly changing products can actually be counterproductive. Most active ingredients need time to work, and switching too often may prevent you from seeing their full benefits."

Mostly, it's about modifying your regimen, not ditching it entirely. In winter, cold weather and indoor heating

can dry skin, so switching to a richer moisturiser is a good idea. In summer, change to a lighter moisturiser. But no matter the time of year, always include a top-quality sunscreen such as La Roche-Posay Anthelios SPF 50+ (\$39) in your daily skincare routine.

Apart from the obvious – skin or scalp reacting badly to a product – the time to think about an overhaul is when a product doesn't provide the promised benefits or skin and hair are affected by hormonal changes. "It's wise to adapt your routine if your skin undergoes significant changes," says Gupta.

Having said that, your skincare should include some vital ingredients. Sunscreen, of course, but also vitamin A, best introduced in your mid-20s to early 30s – we love Ultracuticals Ultra A Perfecting Serum (\$150).

If you suffer from pigmentation, Gupta suggests a serum containing tranexamic acid and hyaluronic acid, while niacinamide also has anti-

inflammatory properties. Then there's vitamin C, a powerful antioxidant that helps to reduce damage to our DNA caused by sun exposure and pollution. Try SkinCeuticals Vitamin C & Niacinamide Routine Set (\$344).

When it comes to haircare, "if your needs or environment haven't changed, your routine likely doesn't need to either," says Gupta. Sometimes the signs your haircare isn't working – limp hair, for instance – can be the result of product build-up. To counter this, use a weekly clarifying shampoo like Ouai Detox Shampoo (\$59), plus a hair mask targeted to your specific needs.

The seasons also play a role in hair condition. Humidity, frizz and sun damage are targeted with Wella Ultimate Smooth Shampoo and Conditioner (\$54 each). In winter, give hair a hydrating boost with Kérastase Spécifique Argile Equilibrante (\$80), and for a sun shield we like Aveda Sun Care Protective Hair Veil (\$62).



ask STEPH

I've heard sunscreens can damage coral reefs. Which are safest to use?

Sunscreen chemicals, particularly oxybenzone and octinoxate, can hamper coral reproduction and growth. Look for sunscreens free from these, such as People4Ocean SPF 50+ Mineral Bioactive Shield Pearlescent Cream (\$68).

Send questions via Instagram, @mrssdarling.

the LOVE list



Here are three products to add lushness to lips on cold days: a quick-fix booster, a creamy crayon in soft mauve and a gloss from Lady Gaga's beauty range.

Roc Lip Volumiser, \$45. Tarte Maracuja Juicy Lip Liner in Mauve, \$46. Haus Labs by Lady Gaga PhD Hybrid Lip Glaze in Guava, \$43.