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A clean sweep

What exactly would happen if you never, ever took your make-up off before you went to bed? Helen Geraghty asked an expert.

Cleansing skin properly can improve circulation and the general appearance of the skin as well as preventing spots and blackheads. Helene Parrett, director at Eastwell Manor, near Ashford, who heads up the Dreams beauty salon says that whether you use a cleansing milk or lotion with cotton wool, or use a foaming cleanser with water, gentle cleansing morning and evening is a basic part of a beauty routine. She said: "Cleansing is important, every morning and evening. " It gets rid of impurities,

keeps pores clean and helps prevent break-outs of spots and blackheads

"At the end of the day, the cleansing action of taking off make-up also stimulates circulation to make skin brighter.

"If you didn't cleanse, your skin would look duller, you would be likely to have more spots or break-outs."

Helene said a toner used after cleansing and before moisturising would ensure all traces of cleanser and impurities were removed.

Dreams uses Clarins and Guinot products.



- Natio gentle foaming facial cleanser, delicately scented, with shea butter and jojoba oil, £8 from Australian brand Natio, available from Debenhams.
- Hazelnut and soapwort gentle cleanser, for normal to dry skin, winner of 2006 best organic cleanser, made by Great Elm Physick Garden in Frome, Somerset, £19.50, www.great-elm.com.

- Gentle foaming cleanser by Clarins. Leaves the skin perfectly cleansed thanks to a refreshing foam created by gypsophila that rinses off with cool water, £15.
- Newly-launched Organic Young 3-in-1 cleanser, £7.99, made in the UK www.organicyoung.com.
- Simple kind to eyes eye make-up remover £2.99