

DRY SHEET MASK

Charlotte Tilbury's Instant Magic Facial dry sheet mask is completely dry, so it doesn't really feel like it's doing anything. But alas, don't fret as the results are pretty amazing. Leave it on for 15 minutes and your skin will look plumper, softer and a whole lot more hydrated. Plus there's no leftover mess which is another added bonus, €24 (you can use it three times.)



FOIL MASK

The Advanced Night Repair foil mask from Estée Lauder delivers a surge of moisture and your skin will be sopping wet when you remove it after ten minutes. But it's the next day when you really see the results and your face will literally be glowing. You can get 8 masks for €135 in Brown Thomas which is pricey, but they're worth every cent.

Q&A WITH ANNA GUNNING, CLINICAL DIRECTOR AND FOUNDER OF THE LASER AND SKIN CLINIC.

"We perform TCA chemical peels daily at The Laser and Skin Clinic to treat sun damage, uneven skin texture, acne scarring, stretch marks, superficial lines, wrinkles and enlarged pores. Chemical peels such as TCA can only be performed by a nurse or doctor."

Are there certain skin types that don't benefit from chemical peels?

The only instance where that will happen is when the correct peel isn't used. For example, a Vitamin C type peel will be of no benefit to acne prone skin. To successfully treat acne, the best type of peel will contain salicylic acid.

How often should we be popping in for peels?

With all skin peels, a course of 4-6 is recommended at 2-4 week intervals for optimum results.

Is there any downside to getting peels?

No, but you can expect a certain amount of flaking, exfoliation and peeling following your treatment.

What's the price range?

The price depends on your choice of peel and how many peels will be required. Superficial skin peels start from €80 per treatment while Chemical Peels start at €200 per treatment.

CHARCOAL MASK

We couldn't wait to try Beauty Pro's Black Diamond peel off mask and it was pretty satisfying. It targets particular problem zones on your face and when the mask hardens after 20 minutes, you can peel it off in one almighty swoop. Detoxifying, exfoliating, rebalancing, €5.55.



QUICK SKIN AND MASK GUIDE

Acne Prone

Go for water or serum based masks which have less skin clogging potential.

Dull and blemished skin

Go for clay based masks which clarify, heal and brighten.

Sensitive and dry skin

Choose a hydrating mask which normally contain hyaluronic acid and act like a drink of water for the skin.

Oily skin

Opt for skin neutralising, gel-based masks which are usually oil free.

CLAY MASK

The Clarifying Clay mask from SkinCeuticals combines earth clays, botanicals and minerals to help calm and gently exfoliate your skin. The natural ingredients decongest pores and lifts out your impurities, removing excess oils and grease. Aloe and chamomile soothe the skin and you're left feeling gloriously clean afterwards, €65.



GEL MASK

Pop your Phyto Corrective masque in the fridge and put it onto your face when it's cold, it's gorgeous. It's definitely the most calming face mask on our list and it cools down your face straight away. It works a charm on sunburnt or irritated skin and is ideal for combatting skin reactivity, €60.