

FREE FASHION TRAVEL PEOPLE IDEAS BEAUTY

STYLIST

OFFICIAL SPONSOR

LONDON
FASHION
WEEK

祥花

#VAVAVIVID

NEW

LET YOUR LIPS
SET THE TREND.



ADVERTISING

SPA FOR ONE

After years of cleansing at our dressing table, a new wave of fresh water skincare products mean it's finally time to reclaim the sanctuary of the bathroom sink

WORDS: JOANNA MCGARRY



I am estranged from my bathroom sink. Barely go near it. That is, except for the hurried brushing of teeth twice a day. Don't get me wrong, there are worse things to be estranged from but I long for the good old sink days. Shutting the door, running the tap and sloshing around a bar of Imperial Leather until the water turned to a milky foam. Then, emerging, several minutes later, with squeaky clean skin. There was such nurturing comfort in that. In front of the sink was a safe and warm place to be. Like a tiny spa built for one. Even now, it's the only real at-home sanctuary in which you can legitimately be alone, to slather on wonderful oils and serums in an act of 'self-care'.

So where did it all go wrong? Well, in my case, two things happened. I married a man that was so fastidious about his at-sink 'skin prep' that I ended up conceding defeat. Couldn't get a look in. Secondly, beauty got really good at adapting itself around our hectic lifestyles, cue a steady stream of cotton pads, micellar waters and a thousand varieties of facial wipes that don't require the assistance of the sink. Nor the bathroom, nor even water. I do my evening cleanse with

micellar water while loading the dishwasher/face-timing my Mum. According to new research from Simple, a gigantic 79% of UK women opt for facial wipes as their cleansing weapon of choice.

"Times have changed, as have products," says leading London facialist Teresa Tarmey. "How did life become so busy that we don't have time to wash our faces properly at the sink? We talk about taking a few minutes to meditate or do something for ourselves each day, why not kill two birds and use that time mindfully for something important – our skin."

Change is afoot. In Korea, the words 'splash' and 'steam' are key parts of the modern skincare

lexicon and are slowly starting to crop up here too. Steam and splash formulas require not only the use of a sink full of warm water, but also more time than it takes to shove a facial wipe around the face. This is a good thing. Your skin will enjoy a more effective cleanse, and you're far more likely to peel away the day's stresses.

The particular vestige of skincare of the East is born not so much out of a particular fondness for the sink and shutting the door on life (that's just a happy by-product), rather it's the skin-improving benefits of plain old water. "Asian women believe water is a vital component in skin cleansing," says Vicky Lee, founder

of the Sorabelle beauty blog. "Nothing is kinder to the skin. Cold water temporarily constricts the pores, making them appear considerably smaller to the naked eye. Plus, cold water constricts the capillaries, reducing any redness in the skin."

And if standing at the sink and splashing your skin with water sounds somehow nostalgic, well, it should. Our grandmothers knew the simple, soothing pleasures of a sink full of water. Dr Erno Laszlo, the late dermatologist whose self-named line has been a hit with Hollywood socialites and starlets since the Twenties, was a powerful advocator of the '30 Splash' method, in which devotees used a soap bar and cleansing oil for a double cleanse, factoring in 20 soapy splashes, and 10 clean water splashes. Unsurprisingly, he borrowed this technique from Asia.

Snatching back some sink time can only bring a greater sense of calm to both the mind and the skin. Mine, which has acquired a sort of early-30s inflamed pink hue, will be thankful for the gentle soothing act of splashing cold water on it each day. And now, after having emptied our bank accounts on a newly renovated concrete bathroom, I have the perfect opportunity to carve out a sink-shaped space in my daily life, once again. Only this time, without the bar of soap. And the husband.

SKINCARE FIT FOR THE SINK

Meet the new Korean-inspired skincare heroes set to position you back at your sink sanctuary

Natural Konjac Sponge, £19, MZ Skin

For a deep cleanse and exfoliation, the Konjac sponge is your guy. Submerge into warm water, apply your cleanser to the base and massage upwards across the skin.



Beauty Steam in Marigold Glow, £42, Skin Owl

Scatter a handful of these nourishing herbs and petals into a sink of warm water and allow the steam to soothe the skin and open pores.



Purple Berry Patting Splash Mask, £43, Blithe

Featuring a blend of rich antioxidants and smoothing lactic acid; simply add a few drops to a sink of warm water and then pat into the skin for 20 seconds.

