

# Helping HAND

Fight the effects of winter with our edit of the best skin-soothing hand creams

Cold weather isn't kind to skin. Chilly air dehydrates, and can cause scaling, flakiness and redness – hardly a recipe for bridal wellbeing. If you're switching up your skincare regime to take this into account, don't forget your hands. Pop one of these winter-perfect formulations into your bag or onto your desk, and apply every time you wash. After all, you'll want your hands in tip-top shape to show off that ring...

## SAVE



**Bioderma Atoderm Hand and Nail Cream, £4.50**

Silky and comforting, this soothing formula is a must-try for very dry, damaged or sensitive skin.



**The Body Shop Moringa Hand Cream, £5**

The gel-like formula absorbs quickly, but while the texture is light, it still gives a good hydration boost.



**Lush Love and Light Hand Cream, £12**

With Fair Trade cocoa butter and neroli and jojoba, this heavenly-scented cream leaves skin pillow-soft.



**Heathcote & Ivory By the Sea Hand Cream, £12**

Vitamin E and aloe help protect against dryness, while the refreshing fragrance is a mood-enhancer.

## SPEND



**Grown Alchemist Intensive Hand Cream, £19**

We've long been fans of this Australian brand – even more so now we've discovered its non-greasy, soothing cream.



**ESPA Rejuvenating Hand Cream, £19**

This velvet-textured cream nourishes both skin and cuticles, and has an absolutely delicious scent.



**Elemis Sea Lavender & Sapphire Hand & Nail Balm, £20**

A silky-smooth treat for hands, with hydrating Pro-Vitamin B5, this is also a good choice for soothing winter-beaten nails.



**L'Occitane Intensive Hand Balm, £23**

An extra-rich version of the iconic French brand's classic hand cream, this is ideal if you have a tendency to dryness.

## SPREE



**Elizabeth Arden Eight Hour Cream Intensive Moisturising Hand Treatment, £27**

This luxurious cream melts into the hands to soothe and heal stressed skin.



**Diptyque Luxurious Hand Balm, £28**

We saw rapid improvement on dry patches from just a few uses of this rich balm, which has a divine fragrance.



**Aerin Rose Hand & Body Cream, £37**

This beautifully rich moisturiser absorbs ultra-fast, leaving behind a delicate scent and smoother-feeling hands.



**Sisley Restorative Hand Cream, £67**

Yes, it's a bit spendy, but this is Sisley, so expect the highest quality ingredients and a richly satisfying moisture hit.