



The Telegraph

Why balms are the unsung beauty hero you need this winter

 You don't have to fork out a lot of money for a good-quality face balm

Skincare, Luxury Wellness

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Source
The Telegraph



 You don't have to fork out a lot of money for a good-quality face balm

Be it for aching muscles or a complexion in need of extra hydration, balms are a soothing treat

Balms are dense blends – usually made up of fatty oils – which help to keep the skin supple but also give enough slip for a really good face or body massage. Let's start with face balms for skincare. If you're not keen on using face oils at night, try a balm instead. Take a pinky fingernail-sized blob of face balm, warm through your fingers and massage on to the skin after cleansing. Usually the high oil content means you'll get the 'ahh' factor, thanks to delicious-smelling aromatherapy.

The nutrient-dense ingredients really help protect and soothe the skin's barrier. You don't have to fork out a lot of money for a good-quality face balm, either. The Overnight Soothing Face Balm by Aroma Actives (the sister brand of Aromatherapy Associates) costs just £15 and is worth every penny.

Another favourite is the Neroli Night Balm by Decleor, which was recently recommended to me by the excellent facialist Katharine Mackenzie Paterson. It smells like a spa in a jar, and is a product I have been using a couple of evenings a week when I want to really pack some hydrating ingredients on to my skin. [headtopics.com](#)

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Why Eamonn Holmes' jump to GB News is a 'smart move'



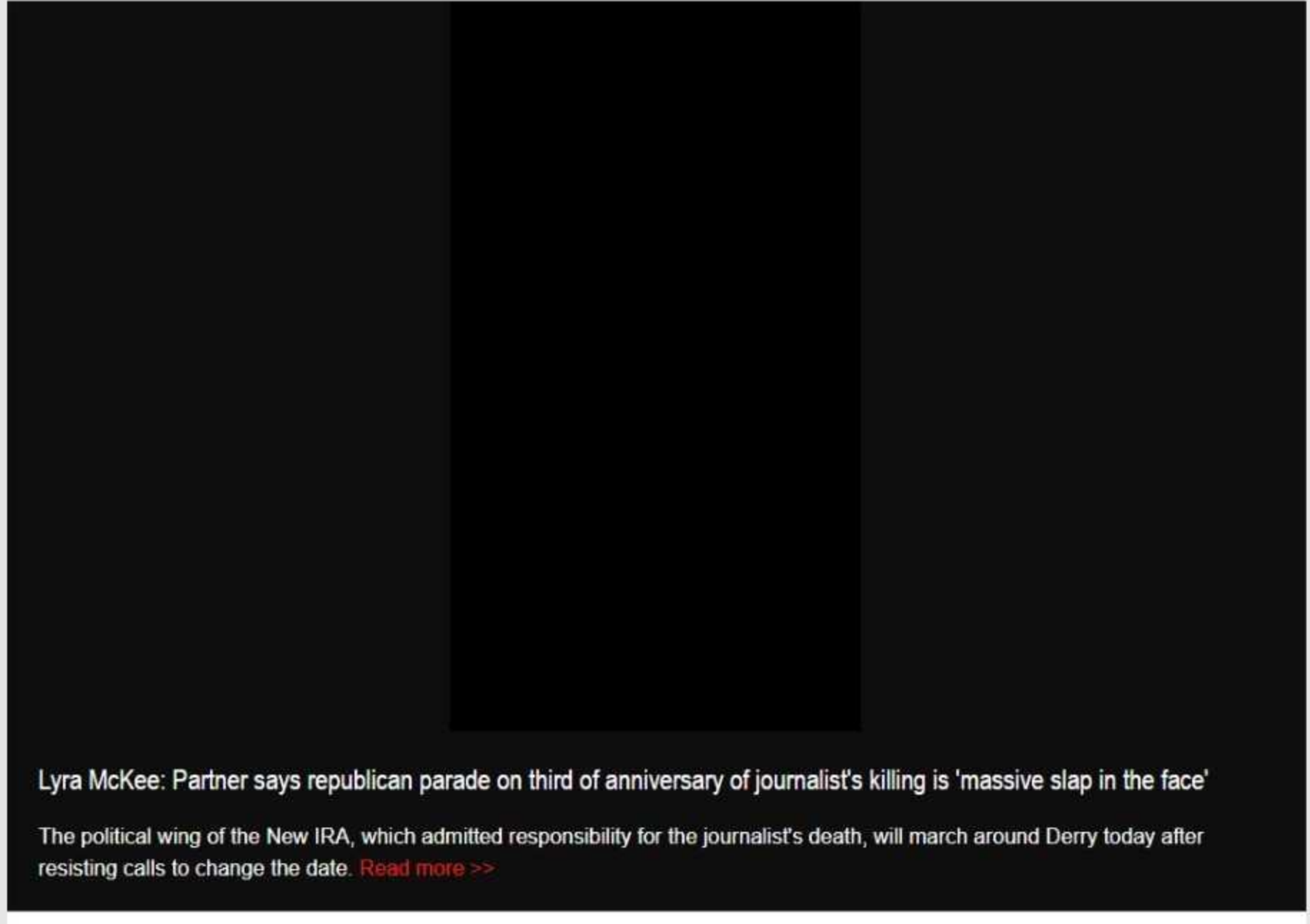
Why Eamonn Holmes' jump to GB News is a 'smart move'



"Why it's time to re-examine one of pop-culture's biggest 'rivalries'"



Why Macron's English ancestors could be the key to understanding his love/hate relationship with Britain



Lyra McKee: Partner says republican parade on third of anniversary of journalist's killing is 'massive slap in the face'

The political wing of the New IRA, which admitted responsibility for the journalist's death, will march around Derry today after resisting calls to change the date. [Read more >>](#)

There is no greater joy than having financial stability and a life free of debts, that's why I keep tweeting about lisamiaBTC it has been a pleasure collaborating with you...there is no other way I can show my appreciation other than tweeting the good deed you have done I dislike this statement. It is strange



Why Eamonn Holmes' jump to GB News is a 'smart move'

'Eammon has talked about his fears of falling victim to the cancel culture, so he might find it liberating to join a channel which has publicly declared war on woke. He will have free rein there.' What could possibly go wrong?! Who writes this shit? Gave me a bloody good laugh, so thanks for that 🤔👍

"Why it's time to re-examine one of pop-culture's biggest 'rivalries'"

From "Dirty" and "Slave 4 U" to that famous VMA kiss, this female 'rivalry' played out while a generation of girls watched closely. A decent article, some misleading/incorrect info but overall it was good. These were TEENAGERS growing up with an insane amount of scrutiny and men abusing their power. They did the best they could. xtinavirus Mx Bickerdike must have done 'research' via SM or is a member of Mary Anne's PR team. Same perpetual lies. Marmalade was pre Slave & Xtina was neither 2nd in creation nor as a full blonde package. Should have just said 'stop comparing two completely different women' & peaced out.

Why Macron's English ancestors could be the key to understanding his love/hate relationship with Britain

FR Only a few short years ago Macron was greeted not just as the youngest, but also as the most Anglophile president in France's history. ❤️ It's a love story that has ended all too soon. So, what's gone wrong? HarryDQ finds out. Read the full story: [harrydq](#) It's a total mystery. [harrydq](#) Embarrassing from Torygraph [harrydq](#) It's so quaint that there are people who believe what's written in the National Enquirer and Daily Telegraph.

Why do we send so many idiots to university?

🏠 'Our universities contain far too many people who shouldn't be there. People who simply aren't cut out for higher education, and who don't understand what it's for' | Writes MichaelPDeacon MichaelPDeacon Whoever can you mean ?

Why soaring prices could mean higher pay for pulling pints

A tight labour market and high inflation may see real wages growth for some, but ongoing uncertainty for many thanks US is reporting 6.2% inflation rate right now. Hurting seniors especially, on fixed incomes. Gas, food, heating fuel all have gone up or will go up shortly. Goves need to step in to help people. What does this tell you weak people that need to drink smoke ect? Life will only get harder and if you are broke why are you breeding? time for the young people to rethink the fake hoe and beliefs 99% have family is not in enjoy yourself

Why 'easing into the day' could be the secret to a better night's sleep

In this week's Sleep Diaries, a 32-year-old designer wonders whether her relaxing morning routine could be helping her sleep better at night.

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