

### DAYTIME MOISTURISER

**HOW MUCH?** A 10p piece size  
**WHY?** "After cleansing and applying eye cream, you need to choose the right moisturiser for your needs and then apply a 10p-sized amount or less," said Claire Doering, spa manager at the Guerlain Spa in the Waldorf Astoria Hotel, Edinburgh. "I know if I have a good skincare product and I use the right amount, it will last me up to nine months, making it a worthwhile investment."  
**TRY:** Guerlain Abeille Royale Day Cream, **£89**



### FACIAL OIL

**HOW MUCH?** A pea size  
**WHY?** "Facial oil can be as effective as luxury face creams and you only ever need two drops - the size of a pea," said Nicola Joss, skincare expert for Sanctuary Spa. "Try applying a facial oil directly after a hot shower on to damp skin - the steam will open pores and the added moisture will lock in hydration for longer"  
**TRY:** Sanctuary Spa's Therapist Secret Facial Oil, **£17.50**



### EYE CREAM

**HOW MUCH?** A grain of rice size for both eyes  
**WHY?** "While it's tempting to apply a good dose of an eye product, it is important not to overload and congest the eye area," said Marie Schmid, head of training at Clarins UK. "We recommend applying just the size of a grain of rice - for both eyes - with your ring finger using light pressure in a tapping motion all around the eye contour. This will boost circulation and drainage to help you look revived in no time. Start at the bridge of the nose, around the arch of the brow and all the way out to the temples."  
**TRY:** Clarins Super Restorative Total Eye Concentrate, **£54**



### FACIAL SERUM

**HOW MUCH?** A pea size  
**WHY?** "Serums generally come in pump bottles, and two to three pumps, is enough," said Kirsty Paterson, spa manager at Edinburgh's Chamomile Sanctuary Spa. "Change your serum with the seasons and after illness when your skin might need more TLC but don't change the amount you use."  
**TRY:** Emma Hardie Vitamin C Intense Daily Serum, **£49**, Space NK



### FACIAL CLEANSER

**HOW MUCH?** Almond size for cream and gel, golf ball for foam  
**WHY?** "A good cleanser will do its job with just a little," said Claire McColl from Moi Beauty Salon, Edinburgh. "I love foam cleansers, but it is a very personal thing - make sure you have the right type for your needs." Claire Twigg-Molecy owns Scottish skincare brand, Ermana, and they make a cleansing balm. "If you prefer a balm like Ermana's," said Claire, "you only need a 5p piece sized amount, as they are oil-based, and much more concentrated. Don't use too much."  
**TRY:** Ermana Cleanse Balm, **£24**, ermana.co.uk



### FACIAL SCRUB

**HOW MUCH?** A 10p piece size  
**WHY?** "Exfoliators can be harsh, particularly if you over-use them. You don't need a lot and you only need to use them a few times a week," said Kirsty Paterson. "And never use a body scrub on your face."  
**TRY:** Benefit Refined Facial Polish, **£18.50**



If you love beauty products, there's nothing better than slathering that gorgeous new moisturiser on your skin, piling on the fake tan, and layering up that eye cream, right?

Wrong. If you're going through your products too quickly, you're wasting money - and you're not getting the best out of them. But how much should we be using? And how much is too much? Many products tell us to use 'a few drops' but one person's drop could be another's three. So, with the help of some beauty industry experts, we've come up with a comprehensive guide to how much of our precious potions we should be using and why.



# WHY LESS IS MORE IF YOU WANT TO LOOK YOUTHFUL

### NIGHT CREAM

**HOW MUCH?** A 10p piece size  
**WHY?** "Applying night cream 20 minutes before you go to bed is key," said Kirsty of Chamomile Sanctuary. "If you apply immediately, it will rub off on the pillow and you will think you need more the next night, when you really won't. As with all moisturisers, make sure you choose the right one for your skin type or concern, and you will see results."  
**TRY:** Charlotte Tilbury Magic Night Cream, **£100**, House of Fraser, Glasgow



### SUNSCREEN

**HOW MUCH?** A quarter of a teaspoon for the face and two tablespoons for exposed areas of the body.  
**WHY?** "A daily application of sunscreen on the face or exposed areas of skin is a necessity and should always be applied, even in the winter or overcast days," said Tom Ogden, European business manager at Alpha H. "Generally, a quarter of a teaspoon is enough for the face but do re-apply if you need to. Two tablespoons should cover the body. To work out how much you need to take on a beach holiday, consider how long you will be there, and how many hours you will be exposed. If you are unsure, it won't hurt to pack another tube."  
**TRY:** Alpha H Daily Essential Moisturiser SPF50, **£29**, M&S beauty



### FAKE TAN

**HOW MUCH?** A golf ball size per limb  
**WHY?** "When it comes to a mousse-based self tan product, I usually recommend three pumps per limb, roughly the size of a golf ball in total, and always apply with an applicator mitt to work the tan on well," said Emma Kotch, St Tropez tanning and skin finishing expert. "You can use mousse on your face but if you use, say, a tanning oil, then just a couple of drops."  
**TRY:** St Tropez Self Tan Classic Bronzing Mousse, **£31**, St.Tropez Self Tan Luxe Facial Oil, **£23**



### FACE MASK

**HOW MUCH?** A pea size  
**WHY?** "Using a face mask at the best time - after an exfoliator - means it soaks in more, works better, and you need less," said Claire from Moi. "Try to have a variety of masks in your beauty cupboard, for purifying, moisturising and radiance boosting, and use them as little skin 'fixers'. Don't be tempted to overload the face - a thin layer will always do."  
**TRY:** Origins RitualTea Masks - Feeling Rosy, Oolong-La and Matcha Madness, **£30** each, origins.co.uk



## Annie Brown

SOMETIMES it feels as though womankind has boarded a time machine and arrived floundering without a paddle in the backwaters of the 50s.

In the Ched Evans case, we saw a woman who said she had been raped slut-shamed in court. She lost not just the case but life as she knew it. She can't return home because of death threats and is fleeing to Australia to escape the witch-hunt. The 24-year-old has been forced to change her identity five times after receiving multiple death threats on social media since the case began. And let's not forget the influence of a £55,000 reward from Evans's camp for new information, if we were under the illusion justice is not for sale. Only characters in Girls and Sex in the City have the privilege of not being judged for having sex when, where, how and with whom they choose. We are not so far removed from the days of a woman being a slapper who deserved to be raped if she wore a short skirt. Words like tart, slapper, slut, whore and bike are all common parlance. I recently interviewed Jane Dorby, a founder of Rape Crisis Scotland. She recalled a policeman taunting a rape victim with underwear she had kept as evidence of an attack.



He dangled the black frilly pants in front of her and said: "These don't look like someone wasn't asking for it."

This was in the 80s - a blink of an eye ago - and it is naive to assume attitudes have radically changed.

A glance at the internet brings up sites such as the Return of Kings, where men can have a platform for that "locker room talk" favoured by Donald Trump, free from those pesky men-hating feminists, who it ironically also considers "sluts". It has a particularly enlightening piece on how to tell if a woman is up for

'Only characters in Girls have the privilege of not being judged for having sex'

being "banged" and "slut tells" include tattoos, a slut face (don't ask me), likes tequila and has a bad relationship with her father.

Return to Kings is a glossy, well-financed site with no shortage of an audience open to its twisted propaganda.

The woman in the Evans case is not the only one to have her sexual behaviour pitted against her in a rape trial.

It's not just England which suffers from a glitch in an otherwise progressive justice system - the use of prejudicial sexual history is frequently allowed in Scotland's courts.

In the first three months of 2016, there were 57 applications to lead sexual history or character evidence in trials in Scottish courts - 51 were unopposed, with 43 granted in full.

This is a system in need of radical overhaul if we are to restore the knocked confidence of rape victims to report their ordeal.

It has been a dark period in women's rights but we can't despair - all we can do is fight the current in the backwaters we frequently find ourselves in.

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