

# From the EDITOR



Last year we dedicated an issue of CosBeauty to self-care in the midst of the global pandemic. Who would have foreseen we'd be back in lockdown more than 18 months after the outbreak of COVID-19, or that self-care would be the new skincare?

Self-care looks different to each of us – and for beauty aficionados, sometimes it really does mean taking care of our skin, hair and body and putting on makeup. On page 48 we explore the connection between self-care and self-esteem, and how our daily skincare and makeup rituals can promote confidence and feelings of empowerment and control.

To get you started, we've curated some of the all-star skin products to create a DIY skin treatment at home (p26), share an expert's tips on cultivating lush and lustrous hair (p124), reveal the cult body products for your smoothest skin yet (p102) and take a look at the modern-day male grooming rituals (p92).

We're also prepping for a return to "normal" – on page 82 we investigate the best "quick fix" cosmetic procedures to help you as soon as you emerge out of lockdown to be looking and feeling your best, and we celebrate the start of wedding season with our special bridal countdown feature on page 54.

During this time of collective anxiety, it's never been more important to focus on the beauty within us as well as the beauty around us. We hope this issue brings you a little bit of sunshine and reminds you to practice extra self-care – and indulge in some beauty rituals and positive self-talk!

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