

STYLE



JANE GOTTSCHALK, ENTREPRENEUR

My ski destinations of choice have to be Gstaad and Chamonix, where we normally stay at our family chalet. For the slopes, I wear Perfect Moment, my own brand, and for après-ski I stick to jeans — a good pair — and a chunky Stella jumper. I protect my face with Elizabeth Arden Eight Hour Cream and Sisley tinted factor 30 or 50 sunscreen, and I also drink plenty of water to stay hydrated.

Sunglasses, £400 each, by Moncler



Fur and leather jacket, £1,725, by Hockley; matchesfashion.com



Goggles, £500, by Oakley



The luxe interior of Chalet Edelweiss

30

Gerber Bear Grylls Ultimate Survival Kit, £55; gerber-store.co.uk



14 THE BEAUTY BUYS

It's no use pairing your oh-so-now skiwear with a bright-red face. "The most important thing to realise is that your skin is going to be attacked by oxygen and sun, so it's all about protection" says Sylvie Chantecaille, founder of Chantecaille. "The first thing to do is use a good dose of rosewater, then a bio-lift cream. Follow this with a rich day cream such as Crème de la Mer's Moisturising Soft Cream (£100), and add some high-powered sun protection on top." Also use a good lip balm (try Bobbi Brown Lip Balm SPF15, £13.50) — flaky lips are never a good look.

15 THE SUPERCHALET

Opening in Courchevel 1850 this season, Chalet Edelweiss has seven floors and sleeps 16 guests. Boasting pieces by Picasso, Dali and Damien Hirst on the walls, the chalet also features a rather impressive cinema, library, spa, full-sized swimming pool and a 100-person nightclub. In fact, the only downside we can see is the price — a snip at a mere £159,000 a week. summitretreat.com

16 FOR THE ADRENALINE JUNKIE

Brits are finally pushing the limits with adventure skiing — a week or two with a qualified mountain guide going off-piste in hard-to-find areas. Having explored the destinations in Europe, those with a bigger budget are looking to Argentina and Chile. Money no object? Charter a heli, too, to find that virgin snow. A week in Val d'Isère? Forget it. bigmountainadventures.com; 9vallees.com

17 THE WELLBEING TRIP

There's only a certain number of ski-by-day, party-by-night trips a body can take, and by the time you hit your thirties you might be looking for something a little more relaxing. Step forward Fitscape, which has created a package to the Italian Dolomites that promises to get you back home feeling "fitter and healthier", with its morning stretch classes, skiing and yoga. The choice for those wanting to go back to work feeling like they've actually had a holiday. From £1,395 for seven nights, all-inclusive; fitscape.co.uk

Piste OF THE ACTION

WANT TO KNOW WHAT TO WEAR, WHERE TO GO, AND HOW TO WIND DOWN APRES? MICHAEL HENNEGAN HAS YOUR ULTIMATE SKI GUIDE