

## Beautiful Skin

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The secret to healthy looking, beautiful silky skin is hydration – so make this a vital part of your skin-care routine as well as drinking it too.

Summer can take its toll on our skin: we are exposed to the sun for longer, in the sea, the swimming pool, or just sitting in a sunny outdoor cafe– all of which can add to a dull appearance.

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### ADVERTISEMENT

A purple advertisement for BT mobile phone. It features a dark purple rounded rectangle with white text that reads "Now FREE for the first 3 months, then only £5 a month". Below this is a pink button with white text that says "Get it now". To the right of the button is the BT logo, which consists of the letters "BT" in white and a colorful globe icon.

So whilst we may look tanned and healthy our skin may be drying out. It's important to keep it nourished and hydrated, not only during the summer months, but all year round. Here are some tips to help your skin look great whatever the season

#### Scrub Up

Exfoliating is an excellent way to prepare your skin and revive it, as it removes dead cells and stimulates the body with the gentle massage. It will give your skin a healthy glow and leave it ready to be moisturised. But remember to use a different exfoliator for your face, body and feet.



#### Rituals Wai Want Body Exfoliating Cream

This is a gentle body wash that is enriched with organic white lotus and yi yi ren. Its creamy base is very nourishing and the ultrafine organic bamboo will exfoliate and remove dead skin cells, helping your skin to regenerate.

RRP £10.50



#### NIA 24 Rapid Exfoliating Serum

This serum is ideal for moderate to severe sun damage. Unlike other exfoliators you leave this one on your face to work its magic after you have cleansed your skin. Formulated with Niacin, a pat-based exfoliant, it removes any redundant cells and works to brighten the appearance of your complexion.

RRP £60.00



#### Ole Henriksen rub n' buff Salt Scrub

Suitable for all skin types, this invigorating body scrub will certainly energise you with its lemongrass oil scent. It can be used two to three times a week in the shower, massaging it into the skin with firm, circular motions. It can also double up as a hand scrub before going to bed.

RRP £45.00

#### La Crème de la Crème

Body creams or butters are thicker in their consistency than lotions and suited to dryer skin or dry skin areas, such as elbows, knees, feet and hands. Some people also like to use a cream in the evening and let it work overnight. Like lotions, they are non-greasy, easily absorbed and are usually scented. Apply after a bath or shower while your skin is still a little damp.



#### Jergens Naturals Total Nourishment

Using 97% natural ingredients, Jergen's Total Moisturizer does 'what it says on the tin'. Formulated with acai berries and cranberries – it is said to feed and nourish the skin for the whole day. It's light in consistency, is quickly absorbed and smells slightly sweet.

RRP £4.99



#### Champneys Citrus Glow Body Butter

A blend of four butters – shea, olive, cocoa and mango – this cream looks and smells very much like lemon soufflé. It's rich and easily absorbed, giving your body a nice sheen. Perfect to apply after your morning shower as it leaves your skin lightly fragranced for the day ahead.

RRP £10.00



#### Monu Moisturising Cream

This luxurious body cream is enriched with cocoa butter and formulated to comfort and hydrate the skin, leaving it feeling silky smooth. Collagen and vitamin A are added to help restore firmness and elasticity, and vitamin E is included in the formulation for its anti-oxidant action. The fresh, sweet aromas of orange, lemon, geranium and rosewood essential oils are relaxing and calming.

RRP £18.50

#### Love your Lotion

Body lotions are lighter than creams because they have a higher water content in their formulation. They are quickly absorbed and are very versatile, acting as an all-rounder. Ideal to apply daily all over your body and for topping up when needed.



#### Johnson's Body Care 24 Hour Moisture

This brand-new range to the Johnson's family is designed to moisturise all day long. '24 Hour Moisture' is a mild and gentle lotion which is fast absorbing, non-greasy and contains shea butter and cocoa butter to protect, moisturise and leave you smelling divine.

RRP £2.99



#### The Organic Pharmacy Body Lotion Neroli

Bursting with aloe, rose hip, neroli, grapefruit and vitamin C, The Organic Pharmacy's Body Lotion is light but nourishing and is instantly absorbed. It will leave your skin soft, supple and lightly fragranced and it's free of artificial preservatives, colorants, scents and petrochemicals.

RRP £36.95



#### Lierac After Sun Moisture Repair Body Lotion

If you have been exposed to the sun, after-sun lotions are particularly useful to ensure re-hydration. This lotion, enriched with skin-repair and soothing agents, will also help to cool the skin if you have caught the sun.

RRP £18.00

#### Oil Heaven

Oils are thicker than creams and lotions and can help retain or "lock" the water in your skin. Some oils are also very nourishing and rich in ingredients that feed the skin with vitamins, minerals and fatty acids. They can even be used as hair masks. Some people prefer a cream or a lotion, as oils can clog up the skin pores, but ultimately it's a matter of personal choice.



#### Pomegranate Regenerating Body Oil, Weleda

A delicately-scented oil that will revitalise tired skin with its potent antioxidants and essential fatty acids. Organic pomegranate seed oil is said to help promote skin renewal, regeneration and firmness. It will leave you feeling indulgent.

RRP £19.95



#### Johnson's Baby Oil with Aloe Vera

This timeless classic is as versatile as it is mild. It can be used on any skin at any age and can be applied on damp skin to lock in your skin's moisture. Try the baby oil with aloe vera for extra smooth skin.

RRP £2.49

**Lisa Hoffman Spa Shower Body Oil**

As part of her Spa Shower Collection, this body oil from Lisa Hoffman is designed to be used on wet skin after showering, in order to lock in its moisture. It's not greasy and is absorbed quickly into the skin, leaving it slightly scented with notes of Japanese agarwood.

RRP £27.00

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