

1



Ren's **Revivo-Tonic Cool Comfort Leg and Foot Gel** [1] provides relief for those with swollen feet and legs following air travel, encouraging fluid drainage. £18, Space NK.

For skin damaged by a summer of regular shaving and waxing try Bliss' **Ingrown Hair Eliminating Pads** [2]. £25, mail order.



3

Nails need moisture as much as your skin, so indulge them with Barielle's **Intensive Nail Renewal Oil** [3], available from Toni and Guy salons

at £14.50.

For hands, Decléor's **Beauté des Mains** [4] reduces excess perspiration and the appearance of sun damage. £11.50, Tranquility Spa at De Vere Grand Hotel.



Face

1



First, exfoliate and buff off all the dead skin cells and the residue left by your sun protection and sweat, using Bliss' **Pore Perfecting Facial Polish** [1]. £24, mail order.

Then replenish lost moisture and smooth the skin's surface; Biotherm's **Moisture Intense Guard** [2] moisturises the skin and reinforces natural defenses against further dehydration, £29, Boots, or for more mature women, Crystal Clear's **Reverse Serum** [3] is specifically formulated to treat menopausal skin, £45, The Treatment Rooms.

Marks and Spencer Formula **Revival Cosmetox Serum Plus** [4] is a more affordable option, using Hyaluronic acid to hydrate the skin and address signs of sun damage. £19.50, Marks and Spencer.

3



2



4



My oh my, I'm so dry!

Summer's over. You may have returned from your holiday abroad feeling bronzed and beautiful but *Shock horror* – you've fallen prey to the ravaging effects of chlorinated pool water, salty sea water, air conditioning and those dastardly UV rays, leaving your body dry and decrepit. Time to restore your body to its former glory. **Words: Grace Timothy**

Hair

Hair is under permanent assault through the summer so invest in a hair mask. Frédéric Fekkai's **Overnight Hair Repair** [1] can be worn through the night to repair hair while you sleep – pamper with your eyes closed! £135, Space NK.

Less pricey at £15, and perfect for post-holiday hair repair is Kérastase Soleil **Gelée Fraîche** [2], with cooling agents and glycerine to soothe and hydrate. £15, Saks and Crowns salons.

1



2



Body

To maintain your natural glow, California Tan **Extender** [1] helps enhance, preserve and extend a tan by combining a light fake-tan agent and moisturiser. £14.99, The Tanning Shop.

Vit-A-Plus

Illuminating Serum [2] by md Formulations treats pigmentation caused by sun exposure, restoring luminosity and protecting from further skin damage. £65, The Body and Soul Clinic.

Finally, lather your skin with Dr Hauschka's **Rose Body Moisturiser**, [3] which warms and protects skin as the cooler weather sets in. £18, Space NK and The Dolphin Shop.

1



2



3



Eyes and Lips

EVE LOM KISS MIX

Recover Eyes Firmly [1] from Molton Brown is great for reducing the appearance of wrinkles caused by squinting in the sun. £24, Molton Brown Emporium. Now you can make eyes at that devilish chap. But wait, your lips aren't ready for puckering up!

For sunburnt and chapped lips try Temple Spa's **All Talk Moisturising Lip Balm**. [2] £6.50, Studio Spa, Toni & Guy.

Iconic lip balm brand **ChapStick** [3] is to be relaunched for Autumn 2006. With Vitamin E and moisturising components to soothe dry lips. From 99p, Boots.

Another luscious lipplie is **Eve Lom's Kiss Mix** [4] to moisturise and protect for extra kissability. £12.50, Space NK.

4



2



3



1



Stockists: Bliss mail order catalogue from 0808 100 4151, **Body and Soul** 01273 245261, **Boots** 01273 207461, **Crowns** (Kérastase salon) 01273 328787, **The Dolphin Shop** 01273 721720, **Marks and Spencer** 01273 328081, **Molton Brown Emporium** 0870 224 3940, **Saks** (Kérastase salon) 01273 202088, **Space NK** 01273 776774, **Bright On Beauty** 01273 309900, **Toni and Guy** (Barielle and Temple Spa treatments) 01273 725000, **Tranquility Spa**, De Vere Grand Hotel (Décleor treatments) 01273 224341, **The Treatment Rooms** (Crystal Clear treatments) 01273 818444.