## A New You: for women

Your beauty New Year's resolutions for a healthier, more serene body. Words: Grace Timothy 1. Thou shall always cleanse makeup away at night, no matter how hammered Try Ren's Zostera Marina Cleansing Milk (£16.50, Space NK). 2. Thou shall apply eye cream at least once a day to avoid shadows ZOSTERA MARINA 5 CLEANSING and lines if you're over 23. MILK WASH Dr Sebagh Eye Expert (£38, Space NK). Bio Actives Triglycerides Polysaccheride Smoothing Body Scrub Aux Poudres de Bambou Ivaluranic Acid With Bamboo Powders For a New Skin Douce, Lisse, Ferme Peau Neuve DRY 150MLE/5.1 FL.OZ 3. Thou shall apply a night cream or oil to moisturise your 3 face and neck while you sleep. Skincare Café Organic Chinese Geranium ORGANIC CHINESE GERANIUM Anti-Ageing Oil (£21.99, www.asos.com). ANTI- AGEING NIGHT OIL 4. Thou shall put aside more time Certified Organic Ingredient Plant Origin
No Petrochemicals
No Sulphates
No Parabens
No Alcohol to relax, unwind and de-stress. Dr Hauschka's Lavender Bath Oil (£14, The Dolphin House Shop). 5. Thou shall exfoliate thy body, to get rid of polluting nasties and reveal a softer side. Clarins Smoothing Body Scrub is one of the best (£22, Boots). 2 ORGANIC CHINESE GERANIUM Appliquer matin et soir de petites quantités sur chaque ant bien la patte d'ois. Éviter la paupière supérieure et la ligne er toute irritation; conseil. ANTI - AGEING NIGHT OIL To Kell 15 ml C 0,5 fl.oz **Eye Expert** Anti-ageing eye contour Ceramide-like + Oligopeptides + Hyaluronic Acid Dr Sebagh

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## And... for men

1. Thou shall exfoliate thy face to reduce in-grown hairs as well as remove dead cells and excess oil and refine the skin's texture.

2. Thou shall take care over thy shave.

Try using Space NK's Blue Shave Cream, (£12) and reducing redness with Refinery Post Shave Balm (£28, The Treatment Rooms).

3. Thou shall protect and moisturise thy lips if thou wants to get thy end away at all this year.

Use Clinique Lip Balm (£8, Boots). Very manly packaging too.

4. Thou shall look after the delicate skin around the eye.

5. Thou shall treat thy feet (often the ugliest part of a man)
With Dr Hauschka's Rosemary Foot Balm (£12, The Dolphin House Shop).



SPACE.NK.MEN Blue

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Boots, 01273 207461; The Dolphin House Shop, 01273 721720; Space NK, 01273 776774; The Treatment Rooms, 01273 818 444.

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