

A New You: for women

Your beauty New Year's resolutions for a healthier, more serene body.

Words: Grace Timothy



1

- 1. Thou shall always cleanse makeup away at night, no matter how hammered you are.*

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 and lines if you're over 23.*

Dr Sebagh Eye Expert (£38, Space NK).



4



5

- 3. Thou shall apply a night cream or oil to moisturise your face and neck while you sleep.*

Skincare Café Organic Chinese Geranium Anti-Ageing Oil (£21.99, www.asos.com).

- 4. Thou shall put aside more time 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

3



And... for men



4



1

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.*

Use Clinique Face Scrub (£13.50, Boots) before you shave.

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.*

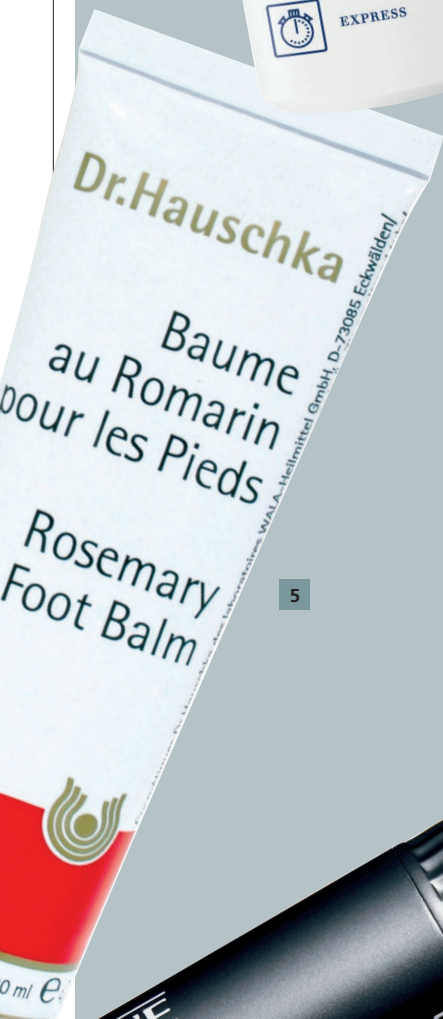
Use Clinique Lip Balm (£8, Boots). Very manly packaging too.

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

With Clarins Undereye Serum (£23, Boots).

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).



5



2



3



Stockists:

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