

get YOUR LEGS OUT

I. WAX TO THE MAX

PREP "Ice the skin you want to wax before you start. This will numb the area and close pores, ensuring waxing strips can grip more easily to the hair," suggests waxing expert Arezoo Kaviani.

PRO TIP "Always apply a wax strip in the direction of hair growth, then pull it back against the growth, keeping skin taut at all times. Go back and forth between two different areas to allow heat from the wax to escape the skin," says Kaviani.

AFTERCARE "Do not have a bath or shower immediately after waxing, as pores will be open and may become irritated by the heat," she warns.

TRY EasyWax Electrical Roll-On Kit, £29.99, Veet (available nationwide)

2. SHAVING TIME

PRO TIP "Always shave in the bath or shower; two to three minutes is the optimal soaking time. After 15 minutes, water causes your skin to wrinkle and swell slightly, resulting in a shave that's not as close as you'd like," says skin expert Nathalie Eleni.

PRO TIP "Don't rely on soap to lubricate skin before shaving. It'll clog the razor, and many soaps cause dryness and flaking. Instead, use a rich shower gel or a razor with moisture bars in-built," suggests Eleni.

TRY Sugarberry Razor, £10.99, Gillette Venus & Olay (available nationwide)

PRO TIP "Rinse with cold water after shaving to close pores. Pat legs dry, leaving a little water on your skin – it'll be sealed in when you apply moisturiser, helping to boost hydration and adding glow," advises Eleni. □

the PERFECT DIY PEDI

1. DO THE DIRTY WORK FIRST

PRO TIP "Skin softens in water, so attack rough areas on your feet before you get in the shower or bath, as you'll be able to remove more," advises star pedicurist Lucy Tucker.

TRY Express Pedi, £39.99, Scholl (boots.com)

2. GET SOAKING

INSTYLE TIP After you've removed hard skin, pop feet in a bowl of water and scrub all over with a fine-grained exfoliator to smooth dry patches.

3. SOCKS IN BED? TRUE STORY

INSTYLE TIP Just like your face, the skin on your feet needs hydration in order to stay soft and supple. If you have time, apply a thick layer of a rich foot cream before bed, pop on socks and you'll wake up to baby-soft skin. If you don't have all night, moisturise, then wrap feet in a hot towel for ten minutes to help the cream penetrate the skin.

4. LOVE YOUR CUTICLES

PRO TIP "Keeping them neat and pushed back makes nails look longer and healthier, encourages nail growth and makes for a neater finish when you apply polish," says manicure guru Jacqui Jefford.

5. YOUR ENEMY? GREASY NAILS

PRO TIP "Make sure you de-grease the nail plate before you start painting them, to prevent the polish slipping off," recommends nail expert Sophy Robson. Use cotton wool soaked in nail polish remover to do this.

6. BAN THICK COATS

PRO TIP "The thinner the coats, the quicker the drying time," says Robson. Apply two layers of polish, followed by a quick-dry top coat.



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