

BEAUTY

Round Body Brush, £8, The Body Shop (thebodyshop.co.uk)



the skin on your body, it would be daily dry body brushing," says McKeever. "It removes dead skin, improves circulation and helps break down cellulite. Always brush in firm, long, sweeping movements from the extremities of your limbs towards your heart."

OUR TIP: Body brush first thing in the morning – it's the perfect wake-up call for tired skin. Use two brushes, one in each hand, to save time, making it easier to fit into your morning routine.

COVER STORY

EXPERT TIP: "Rocking a cute summer dress? Perfecting the skin on your arms, legs and décolleté is just as effective at giving you a youthful appearance as tinted facial moisturiser,"

says skincare expert Sarah McNamara. Miracle Skin Transformer Body SPF 20, with jojoba oil, plumping hyaluronic acid and a light skin tint, is like a skin-perfecting BB cream for your body. One sweep over skin on show

will hide pigmentation, stretch marks and dry patches, plus it dries quickly and won't transfer onto clothes.

OUR TIP: Before applying skin-perfecting body creams, get your skin smooth and glowing naturally with the best possible prep, starting in the shower. Body wash is the equivalent of cleanser for your face, so it's worth investing in a high-quality one containing

"The skin on our body is just as prone to breakouts as the face"

moisturising ingredients to leave skin soft and hydrated. We love Ren's Moroccan Rose Otto Body Wash, £17 (renskincare.com), packed with nourishing rose otto and geranium oils. Next, apply a serum, just as you would to your face. Decléor's Aromessence Sculpt Firming Body Serum, £44.20 (decléor.co.uk)

contains a cocktail of eight essential oils, including lemon, grapefruit and myrrh, that work together to improve the skin's tone and elasticity. Finish by highlighting with a rich body moisturiser that has a golden shimmer to highlight. We love Roger & Gallet's Bois d'Orange Crème Sublime Or, £15

(marksandspencer.com).

CLOSE SHAVE

EXPERT TIP: "Shaving helps exfoliate skin by removing dead skin cells, but can also deplete moisture, creating ageing dry patches," says facialist Nathalie Eleni. "Battle body dryness by using the genius new razor from Gillette Venus – it's infused with Olay moisturising ingredients to help lock in your skin's moisture."

OUR TIP: Make shaving the last thing you do before you get out of the shower – the longer you leave skin in warm water, the more pores will open and the more hair will become

Skinesis Overnight Hand & Nail Treatment, £35, Sarah Chapman (sarahchapman.net)



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pliable, making for a closer, more comfortable shave that's less likely to result in shaving rash.

SCRUB UP

EXPERT TIP: "You should use a body exfoliator once a week to keep skin looking its best, paying particular attention to elbows, knees and feet," says McKeever. "If you exfoliate more than once a week, use an exfoliator with a creamy texture and fine granules."

OUR TIP: Tailor your exfoliator to your skin type. Add in extra loose granules such as Bobbi Brown's Buffing Grains for Face, £27 (bobbibrown.co.uk) for extra buffing power. Need more hydration? Add some of your body moisturiser.

SPOT ON

The skin on our body is just as prone to breakouts as the face, especially on the back and chest. As with blemishes on your face, drinking plenty of water, eating plenty of green vegetables and avoiding sugar will all help clear them, but if you are stuck with spots, follow these steps to shift them:

1. Cleanse the affected area, then apply a clay-based mask. The clay will help draw out impurities, clear excess oil and refine pores. Try Balance Me Radiance Face Mask, £18, (lookfantastic.com).
2. Apply a spot treatment containing salicylic acid to fight bacteria, dry out oil and seal the spot. Try Origins' Super Spot Remover, £13 (origins.co.uk).
3. Use a green-tinted, anti-bacterial concealer such as Clinique's Anti-Blemish Solutions Clearing Concealer, £13 (clinique.co.uk) to hide redness. □



Miracle Skin Transformer Body SPF 20 (and top right), £26, Sarah McNamara (0800 123400)



Venus & Olay Razor, £10.99, Gillette Venus (gillettevenus.co.uk)



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Buffing Grains for Face, £27, Bobbi Brown (bobbibrown.co.uk)