



Beauty Feature

Beach: If your summer plans consist of setting up home at the beach, below is every beauty essential you will need in your holiday bag.

A relaxing beach holiday is just what every hard-working woman needs. So whether you are sunning yourself on the sandy shores of Antigua or attending beach parties in Ibiza, you will need to ensure you are totally groomed from head to toe. The first essential item is sunscreen. Even in this day and age, many black women feel they don't need to use it, but skin cancer does not discriminate. Use **Nivea Sun Invisible Protection SPF 20 (£13.59; www.boots.com)**, which is a lightweight spray offering a transparent mist that protects without the grease. If you feel hot and bothered by the sun, **Herbalife Herbal Aloe Everyday Soothing Spray (£10.40; 0845 056 0606)** is perfect for keeping by your side when lounging on the beach. It contains aloe, which soothes your skin from the discomfort of sun exposure. Exfoliate your feet the natural and most cost-effective way by using the sand on the beach, then moisturize them with **Neutrogena Norwegian Formula Nourishing Foot Cream (£5.49; 0845 601 5989)**, a long-lasting moisturizer. For legs, swap razors for **Veet Suprem Essence Spray On Hair Removal Cream (£6.99; 0845 769 7079)**; it's quick, easy and mess-free. After a long day at the beach, quench your thirsty skin with **Beauty Cycle Water Hydrate Replenish Cleanser (£6.05; www.amway.co.uk)**. This foamless cleanser contains moisture-binding elements that help preserve the skin's hydration level.

City: From Barcelona to Rome, make the most of your city break with flawless skin.

Bustling city breaks are ideal for those who love to immerse themselves in culture. When you are visiting the latest tourist attraction, remember to guard your skin with **Origins A Perfect World White Tea Skin Guardian (£26.43; 0870 034 6522)**. This lightweight emulsion provides a shield, safeguarding skin from stress, pollution and other damaging environmental aggressors. Whether you're exposed to the sun for five minutes or five hours, apply **Clinique City Block Sheer (£15; 0870 034 6951)**. The lightweight, subtly tinted formula can be worn alone or under make-up. After long days in the sun,



repair any damage with **NIA 24 Sun Damage Repair for Décolletage and Hands (£45;**

www.spacenk.co.uk). This nutrient-rich anti-age body cream delivers intense moisture while improving the appearance of age spots and discoloration. Show off your legs in shorts! After any type of hair removal, apply **Parissa Azulene Oil (£7.99; www.boots.com)**, which will add a wonderful gloss and lustre to your legs. It can also help eliminate ingrown hair and promote long-term smoothness. For busy schedules that take you from night to day, carry **Clinique All About Eyes Serum De-Puffing Eye Massage (£20; 0870 034 6951)**. The instantly cooling rollerball deposits a liquid gel-serum to help refresh puffy eyes and reduce dark circles.

Adventure: If jumping out of a plane or riding a camel through the Sahara is more up your street, look for products that will provide you with protection and rehydration.

Life is all about great adventures, but don't let your skin suffer as a result. **Bach Rescue Cream (£7.25; www.rescuere medy.co.uk)** is great for skin emergencies thanks to its combination of five flower essences. It is a non-greasy intensive moisturizer designed to hydrate dry, rough skin quickly. If your action-packed holiday has taken it out of you, pour **Baldwins Everyday Aches & Pains Bath Oil (£5.49; www.baldwins.co.uk)** under running water. It is the perfect antidote to a hectic holiday and provides instant relief following physical exertion. Choose multitasking products, so you don't need to bring the entire contents of your bathroom! **Trilogy Everything Balm (from £12; www.johnlewis.com)** can be used to soothe and protect dry skin, soften chapped lips, strengthen cuticles, as a relaxing massage oil, to smooth skin post-shaving and for after-sun relief – impressive! If treks through the jungle are part of the curriculum, **Anthisan Bite & Sting Cream (£3.58; www.boots.com)** is a necessity. It is a topical antihistamine that blocks the receptors in your nerve endings, reducing pain, swelling and skin irritation. At the end of a fun-filled day, apply **Matis Paris Response Jeunesse Night Concentrate (£40; 01322 290 101)**, a night serum that stimulates cell regeneration while you sleep, protecting your skin from daily stressors such as heat and pollution.