



# Beauty & the Beach

Warmer weather awaits, so get your bits all set for springtime.

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## Flower power

The last thing you want is to catch a cold now that spring is finally here, but your body may be desperate for a boost after braving the dark days of winter. Used for decades as a traditional medicine by Native Americans, Echinacea reinforces your body's natural defences. Melvita Echinacea Supplements, are certified organic and contain the aqueous extract from the dried flower of this pretty plant – which is in fact a relative of the common daisy.

£16 - Melvita Echinacea Supplements



## 10 Minute Treatment

A change in season can wreck your nails, causing splits, cracks and general manicure mayhem, so we asked nail care expert Lucy Sharp to share her top tips for talons...

- Apply oil such as China Glaze Orange Cuticle Oil (£7.48 at [www.sallyexpress.com](http://www.sallyexpress.com)) all over your nails and cuticles, then massage in for 10 minutes.
- Gently push cuticles down with a cuticle stick.
- Wash hands thoroughly to remove excess oil.
- Repeat often, even if you're already sporting a slick of varnish. "The great thing about cuticle oils is that you can apply them to bare or polished nails," Lucy says.



## We all scream for ice cream

Barry M Dazzle Dust eye colour in Yellow 76, Baby Blue 20 and Lavender 31, £4.59 each - [www.barrym.com](http://www.barrym.com)

## 4 Ways to smooth skin



**NIP + FAB**  
Dry Leg Fix, £9.95

To bring pins back from the brink, this intensive balm smoothes dry, flaky skin and combats moisture loss.



**GIGI**  
No Bump, £6.99

Slap on legs, bikini line and underarms to overcome ingrown hairs, bumps, razor burn and redness.



**NEAL'S YARD**  
Seaweed Salt Scrub, £16.35

Dead Sea salt and mineral-rich seaweed detoxify and exfoliate while essential oils tone tired skin.



**KARIN HERZOG**  
Oxygen Body Cream 1%, £34

Incredibly anti-bacterial, this salon favourite prevents congestion in pores. Use it after waxing.

## Candy is dandy

Look on the bright side girls. "In contrast to the muted neutral winter palette, this season colour is making a comeback," says makeup artist and Session School principal Dani Guinsberg. That means pastels and bright candy colours are key for eyes, while chalky pink and coral tones are the best bets for on-trend grins.

**Lip service:** "To achieve a fresh faced look," Dani says, "keep skin glowing and radiant then pair thick, black lashes with bright candy pink lips."

**Eyes right:** "Splashes of summery sorbet colours are the fresh way to emphasise eyes this season. Use canary yellow, duck egg blue or soft lilac on a canvas of flawless skin. Illuminating the inner corner gives the optical illusion of larger, brighter eyes."



## DOWN TO EARTH

Antiperspirants contain aluminium salts, and mining this stuff requires vast amounts of energy. Switch to a stick of aluminium-free deodorant and you'll save enough energy to power a laptop for 30 minutes.

## Toe zone

The time has almost come to swap fleece-lined boots for flip-flops. But are you ready? For your new a new pedi, the hottest hues this season are citric brights. Pocket-friendly in every sense, Marks & Spencer's Essential Colours Mini Nail Colour Collection in Lagoon provides four popping shades.

£5 for the set, Lagoon Mix from M&S