

THE LONDON MAGAZINE

HEALTH & WELLBEING



AMY FORD ON HELLO SUNDAY

"Hello Sunday aims to inspire, engage, and educate consumers about the necessity to protect your skin from the risk of sun damage, every single day, because every day is a SUN day. We offer a wardrobe of multifunctional products that are super-lightweight, high-factor, broad-spectrum SPF's with efficacious skincare benefits. We aim to blur the lines between sun care and skincare with science-led solutions that don't compromise on quality." Amy Ford, founder of Hello Sunday. Discover the full range at hellosundayspf.com



live well LONDON

The city's experts share their seasonal tips and the products they're currently coveting



SASHA GHODSTINAT ON LOOKS

"I'm loving some of the re-emerging make-up trends in 2023, including bold red lips with fresh dewy skin and nude eyes, as well as soft, smoky eyes with nude lips. For me, they're timeless looks that will never go out of fashion. Trends from 2022 are also returning, such as a cream blush under foundation for a natural look, sheer metallic lids and plump lips." Sasha Ghodstinat is Code8 Beauty's global make-up artist, visit code8beauty.com

Sunny days



From top: Wish Hazel Bath, £50, www.kaufmann.com; Honeyucle Cleanser, £40, dermatology-in.com; Hortus scented candle, £55, verden-world.com; Body Wash, £18, bamleyproducts.co.uk; Cape Aloe Serum, £95, thenaturaloffice.com