

# scottishwoman

## BEAUTY

# Scrub up for spring

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Never mind Spring-cleaning the house, make sure your body is in ship-shape in time for the return of the sun.

As the days get longer, and the weather (hopefully) takes a turn for the better, it's time to start shedding those coats and jumpers in preparation for spring.

But do you really want to shed layers of skin with them; not to mention exposing over-long body hair, overgrown toenails and dry skin on your feet?

And after months without any sun on your skin, it's bound to be a little pasty and lacklustre as well.

Yes, it's not a pretty sight ladies is it? But, fear not, because it's easy to spring clean your body, and let's face it, much more fun than doing the housework.

Just read our handy guide to top to toe spring-cleaning, and get one of our five of the best body scrubs into action right now!



### From the inside out

If you want a real boost, then take **Pure-Col**, a 100 per cent pure collagen formula in tablet form which does everything from reducing lines and wrinkles to boosting the complexion. Achieving lustrous hair, strengthening nails and firming cellulite-prone skin. It's a great supplement to take, and is specially produced to increase absorption.

**Pure-Col is £29.95 for a month's supply and is available on 0191 291 3385 or [www.collagen4u.co.uk](http://www.collagen4u.co.uk)**



### Hair

After months of stuffing it under hats, your hair will certainly be a bit neglected. That's why we recommend a good scrub with **Korres's Green Silt Hair and Scalp scrub (£18, [www.korres.com](http://www.korres.com))** to remove dead cells and silicone on the hair, leaving it healthy and shiny. You should only use this once or twice a fortnight. Once your hair is shiny and clean, washing it again too soon is counter-productive. So, **Richard Ward's One More Day Hair Reviver (£4.99, Boots)** is a musthave. It's a wet formulation non-shampoo - none of this talc in the hair nonsense - that allows you to restyle without washing. It smells gorgeous.

