



Source: insideSUSSEX {Main}
 Edition:
 Country: UK
 Date: Thursday 1, September 2016
 Page: 56,57
 Area: 673 sq. cm
 Circulation: Pub Stmt 85000 Monthly
 Ad data: page rate £1,100.00, scc rate
 Phone: 01303884660
 Keyword: Equi

insideFASHION+BEAUTY

Back to basics beauty

Modern life can be complicated. We're working longer hours; trying to have social lives as well as bring up kids; probably not sleeping enough; promising that this year will be the year we finally get fitter than ever...the list goes on. Then there's skincare – peptides, retinol, coenzymes, vampire facials – it's all a bit overwhelming. There's a lot to be said for stripping it all back and focusing on simplicity, so we've rounded up a list of back-to-basics beauty products that will leave your skin soft and blemish free. BY POLLY HUMPHRIS



Homemade honey face mask

Honey is a natural cleanser that helps to keep skin clear and it's also a natural antioxidant and antiseptic, which makes it an ideal cleansing agent. Combine it with lemon – a fruit packed with both alpha and beta hydroxy acids, which smooth

the skin's outer surface, speed up cell turnover and help get rid of pesky blackheads – and you have a skin-saving dream team.

To prep your skin before you apply the face mask, pour boiling hot water in a bowl and stand above it letting the steam open your pores. Mix one tablespoon of organic raw honey and half a squeezed lemon into a bowl and apply all over your face, avoiding the eye area. Let your skin soak up all this goodness for about half an hour and then wash away with warm water, finishing with one splash of very cold water to close your pores. If your skin feels tight, follow it up with your usual moisturiser, or just let it breathe.



Say goodbye to dry skin with sugar

You don't actually need a fancy facial scrub to get rid of dry skin and cellulite – ironically, you can slough it away with sugar, which works as a great way to get rid of unwanted skin cells and helps to keep skin hydrated naturally. Try combining two

thirds of organic sugar and one third coconut oil and gently rub into your face before rinsing with warm water, it'll leave your skin feeling refreshed and revitalised.

Want to prevent cellulite? Brush your body with a sugar scrub. Combine 3tbsp of coarse ground coffee with 3tbsp of organic sugar, 1 mashed ripe avocado and 1tbsp of coconut oil. Put all the ingredients in a bowl and mix to a scrub consistency and then, using a body brush, brush your entire body with the scrub for no less than five minutes using firm, rhythmic strokes and always brushing towards the heart.



Aloe vera for your skin and face

If you have irritated, dry or damaged skin, it has to be soothed first and essential oils are your best friends here - packed with vitamins, amino acids and antioxidants, they not only help smooth fine lines but also heal any blemishes and irritation at the same time.

"Aloe vera is mainly known for its healing properties, as it kills certain bacteria and reduces inflammation. It is also a great antioxidant, which means it protects our skin from free radical damage," explains Cassandra Burns, nutritionist at nutricentre.com. "Tea tree oil is also great as it destroys bacteria as nothing else does - it penetrates the blockage between your skin and glands, clearing clogged pores and drying out stubborn blackheads. Lemon essential oil can help to rejuvenate tired-looking skin and brighten complexion."

Try: What Skin Needs Hydrating Facial Serum, www.whatskinneeds.co.uk, £17.99, and Odylique Aloe Vera Body Wash, www.odylique.co.uk, £9.

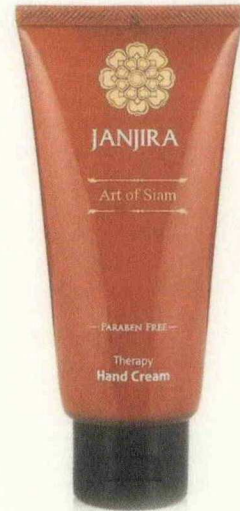


Your hands reveal all

Clearly ahead of her time, Marie Antoinette was said to wear gloves to bed every night that were lined with wax, rose water and sweet almond oil to soften her hands way before science confirmed that hands are an indicator of age.

Today the shop shelves are stocked high with different moisturisers and serums to help our skin stay supple and smooth, but opt for a hand cream with a high sweet almond oil content - it's rich in Vitamin E, proteins, potassium, zinc, and all sorts of skin-boosting minerals and vitamins, all of which are helpful in keeping telltale wrinkles and age spots at bay.

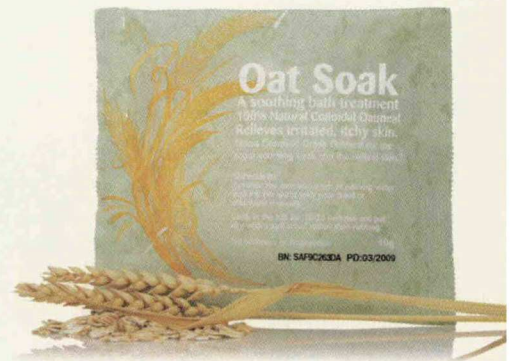
Try: Janjira's Therapy Hand Cream, £14, www.janjira.co.uk, a non-greasy formula that provides long-lasting hydration.



Bathe like Cleopatra

Cleopatra, the last pharaoh of ancient Egypt, was famed throughout history for her beautiful looks and it's rumoured that she bathed in donkey's milk daily for radiant skin. If you suffer from sensitive skin that flares up using perfumed cleanser, try using whole cow's milk as a daily cleanser; it's gentle and surprisingly effective in removing excess oil and makeup.

For a lavish soak à la Cleopatra, add a couple of cups of milk to a warm oak soak bath. We recommend **Oat Soak** bath sachets from Skin Shop, which are a really simple and 100 percent natural way of instantly calming and smoothing dry, itchy and irritated skin. Made from pure ground colloidal oats, which are a finer form of oats that can remain suspended in the water, they're not messy either, so you won't step out of the bath looking like you've had an argument with a big bowl of porridge. (£9.95 for 10 sachets, www.skinshop.co.uk)



Look after the inside too

A new generation of supplement, **Equi London's 'Beautiful'** is a collagen-infused drink that promises to promote glowing skin from the inside out. Ideal for those with time-conscious schedules, but who want to keep a firm eye on their health, the revolutionary supplement delivers a potent boost of

nutrients in one tonic. The 'Beautiful' powder combines GlowCutis® technology - a powerful complex of marine collagens and all sorts of other natural goodies to fight ageing and promote skin regeneration - with your daily dose of multivitamins, antioxidants, omegas, probiotics and adaptogenic herbs, which work to support every body system needed to keep your skin clear, glowing and more resistant to the signs of ageing. Adaptogenic herbs? No, me neither, but unusually named ingredients aside, they're all natural and this product is making waves on the skincare scene, so it's definitely worth a try (£62 for 30-day supply, www.equilondon.com).

