

NEW ISSUE

# THE EDIT

Join **POPPY Delevingne** & **Alexa CHUNG** on a fun-filled fashion road trip

The simple life  
Beauty without the regime

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Western-inspired ankle boots are all you need

The pieces to take you into the new season with style





# Beauty: The SIMPLE LIFE

Take a relaxed approach to summer beauty with these transformative tips and treatments for a fuss-free vacation.  
By EVIE LEATHAM

## FORGO FOUNDATION

According to the 'Beauty Chef' Carla Oates, naturally glowing skin is possible via nutrition. Lacto-fermented foods, such as sauerkraut, provide bioavailable nutrients, which help the body produce detoxifying enzymes, improving digestion and resulting in radiant skin. Alternatively, supplement with Oates' GLOW Inner Beauty Powder, packed with skin-enhancing super foods such as maqui berries. [thebeautychef.com](http://thebeautychef.com)

## THE NEW ANTI-AGER

Using sunscreen is non-negotiable, but supplements will also help enhance your skin's natural sun defences. "Fern extract has been shown to inhibit the formation of free-radicals triggered by UV rays, and thus protect cells from DNA damage," says dermatologist Dr Nick Lowe, who practises between LA and London. He takes one Heliocare Ultra Capsule daily for four weeks before a trip, then daily during his vacation. [heliocare.com](http://heliocare.com)

## FRIZZ-FREE TRESSES

Ensure beautiful hair – however high the humidity – with a new-generation Brazilian blow-dry: the Kerastase Discipline Salon Ritual. It utilizes high concentrations of Morpho Keratin, a protein concentrate that strengthens and smoothes hair, to fight the effects of humidity for up to 10 washes. [kerastase.com](http://kerastase.com)

## EASY LONG LASHES

Mimic the eye-opening effects of mascara (and exit the sea streak-free) with a semi-permanent lash

lift. "Most women's eyelashes lack volume at the roots," says Sherrille Riley, founder of Nails & Brows London. "A lash lift treatment makes lashes appear longer." Lashes are pressed back from the roots against a silicon pad, then peroxide is applied, followed by a conditioning treatment and a tint. "Lash lifts are increasingly popular because they take less time to do than extensions. They also last the eight-to-ten week lash growth cycle and grow out seamlessly," says lash specialist Soul Lee at New York's Kiehl's Spa 1851. [nailsandbrows.me](http://nailsandbrows.me); [kiehls.com](http://kiehls.com)

## SMART TANNING

"Get set for your vacation by prepping skin with a tan-accelerating serum," says tanning expert James Read. "It will prepare your skin for the sun by boosting the production of melanin [the pigment triggered as a protective response to UV rays]." Read's Tan Maximiser contains Monk's Pepper to stimulate melanin, plus a small amount of faux tan to add a hint of color. [jamesreadtan.com](http://jamesreadtan.com)

## SUN-KISSED HAIR

*The EDIT's* cover star, Poppy Delevingne, is the perfect example of low-maintenance yet luxe summer hair color, thanks to the painterly approach of colorist Jack Howard at London's Neville Hair & Beauty. "For Poppy's wedding in May, our philosophy was minimum color for maximum effect," Howard says. His technique, New York Lights, is a form of balayage, whereby highlights are painted in soft slices that frame the face. [nevillehairandbeauty.net](http://nevillehairandbeauty.net)

## THE FLAWLESS FACE

Stress makes the face appear lined, which is why facialists such as Nichola Joss and massage-therapy service FaceGym don't just treat skin, but the muscles and fascia [tissue] underneath. These deep-tissue treatments relax muscles, helping to reduce lines and increase blood flow for the rested radiance of the permanently vacationed. [nicholajoss.com](http://nicholajoss.com); [facegym.com](http://facegym.com)

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## BEAUTY QUICK FIXES THE LOW-MAINTENANCE PRODUCTS WITH HIGH-IMPACT RESULTS



THE SUNLESS  
TANNER:  
Lancôme Soleil  
Bronzer BB  
Cream SPF 50



THE QUICK HAIR  
FIX: Philip B  
Rejuvenating Oil



THE MULTI-PURPOSE  
SPF: Soleil Toujours du  
Midi SPF45



THE SKIN  
TRANSFORMER:  
Kiehl's Rare Earth  
Pore-Cleansing Mask

THE INSTANT  
RADIANCE:  
Charlotte Tilbury  
Beach Stick Lip To  
Cheek Dewy Color



THE FAUX GLOW: By  
Terry Tea to Tan  
Water Color Bronzer

