

SUNDAY Sun

BEAUTY A HAND WITH THE LOTIONS

By ZOE BURN

WITH autumn now well and truly here and winter just around the corner, it's time to get your hands in tip-top condition before the cold bites. The nippy weather just loves to dry them out, but with some care and attention now, you can combat dry, cracked and miserable mitts before they happen. Hand cream isn't something that everyone likes - I for one hate my hands to feel greasy - but even I've learnt the hard way that moisturising is essential... and it doesn't have to leave you greasy either.

▶ **SANCTUARY Spa Essentials Hand Cream**, £4.99 could be the best hand lotion on the market at present.

Containing shea butter, not only does it moisturize the skin instantly, and leaves hands feeling brand new, it also smells fantastic - sweet, deep and warm, perfect for autumn days.

▶ **AUSTRALIAN Organics Sweet Almond Oil Rejuvenating Hand Treatment Cream**, £4.49, is a delicate blend of organic plant extracts, lemon, peppermint, rosemary and of course sweet almond essential oils. A little goes a long way with this cream, and although it does have a bit of a greasy after-feeling, after five minutes this fades to feel more like a protective film.

▶ **FOR** an all-purpose cream which can be used all over the body and cure a host of ills - cracked skin, chaffing, sunburn and more - **Udderly Smooth Hand Cream** is a great buy. With just the slightest hint of fragrance, it comes in a 4oz tube for £3.99 or a hefty 12oz tub £7.99 with optional pump dispenser. This cream is a great all-rounder and feels so soft and smooth you could easily throw out all of your body lotions and use this instead!

▶ **CRABTREE & Evelyn** has this month launched a new Rejuvenating Hand Remedy range, a naturally based age defying treatment specifically formulated to help reduce the visible signs of ageing and leave hands feeling soft and smooth. This cream is designed to be applied as a night-time treatment cream for normal hands, to leave them looking soft and smooth by the morning, but I've had a tube on my desk for a couple of weeks and find it great for during the day too. It comes in four fragrances, - **La Source**, **Lavender**, **Rosewater**, and **Gardeners** - and the **Gardeners** is best, with a scent of fresh herbs thanks to its added rosemary and sage.

▶ **THROUGHOUT** October, **L'Occitane** is offering a Happy Hands limited edition range of hand cream products to celebrate the 20th anniversary of Shea. Fragrances of **Ylang Ylang**, **Rosebud**, **Acacia**, **Frangipani** have been added to the **Shea Butter** collection, all at just £7 each. Not only do they look and smell great, they leave the hands soft and fresh, with a scent that lingers for hours.

▶ **AND** don't forget the man in your life - because as we all know, men's hands can be a nightmare! **Lab Series Active Hand Cream**, £11.74, is a lightweight but fast-acting treatment infused with electrolytes, which hydrates and repairs rough hands. Most important, there is no greasiness, so he has no excuse for using this product!

▶ **HOT THIS WEEK.** The **Body Shop's** newest fragrance **Love** etc, £11.70 for 30ml, has hit the shelves just in time for autumn and winter. A sweet and heady combination of pear, neroli, and bergamot combined with jasmine, lily of the valley and more make this a vibrant, eau de parfum with staying power. This is a lovely scent which doesn't catch in your throat and is a perfect buy for young and old alike.



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