

SLIM AT HOME

GET BEACH BODY Beautiful

As the weather warms up it's time to start getting your body ready to bare. Having soft, smooth skin can help give the appearance of a toned shape – throw a little fake tan into the mix and you'll be looking slimmer too! Then there are the endless firming creams and gels that promise to rid you of your cellulite and stretch marks, and tighten any saggy bits. Of course, it's not all a piece of cake. Regular exercise will help you tone up, give you energy and create a leaner physique, and we've got a fantastic set of moves to help blitz your wobbly bits that you can combine with your beauty routine...

GO golden

There's nothing like tanned skin to give you a healthy glow – and the safest way to do it is by faking it. As you've got some time before things really warm up (we hope!), try a gradual tanner to build up colour over time. Pay particular attention to knees, elbows and ankles but be warned – they can be stronger than you think, so wash your hands thoroughly after applying and wait until it's dried completely before you put your clothes on!



Water-based with a lovely fragrance
Collin Melanin Precursor £17.10,
01767 662 288

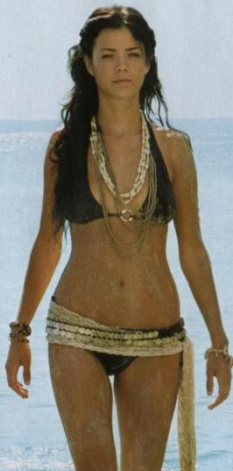


Use for a subtle sun-kissed look
Johnson's Holiday Skin Light Glow body lotion £4.99, Boots



Adds a hint of colour every time you moisturise
Malibu Golden Skin moisturising body lotion £4.95, mailbusun.com

With the season of skimpy clothing around the corner, now's the time to put in some prep work



SCRUB UP

If you want baby-soft skin, exfoliating is key. Use one once a week and you will see a difference – just think of all that rough skin you'll be getting rid of underneath! Exfoliating is particularly useful if

you're going to apply tanning products, as it will help give you a smooth, even base to start with. Look out for scrubs with fine, natural particles to gently polish your skin and use a sponge to boost the effect. You'll be looking buffed up in no time!



An invigorating explosion of fragrances
Australian Organics Jojoba Oil Exfoliating Body Wash £3.99, Waitrose



An effective stinging scrub with sea salts
Philosophy Amazing Grace £20, 0870 990 8452

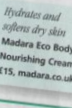


Budget buy that softens and smooths
Radox Spa Wellbeing Scrub £1.99, Superdrug

SOFTLY softly

Want skin that's soft to the touch? A good moisturiser can work wonders – and it doesn't just apply to your face, the rest of your body needs a bit of TLC, too. Parched skin only highlights those wrinkles and imperfections, so by plumping things out you'll create a

younger looking appearance – and who wouldn't like to shave a few years off their age? If you're prone to dry skin, go for something rich and choose a fragrance that lifts your senses as well as smells divine. We've selected a few that tick all the right boxes...



Hydrates and softens dry skin
Madara Eco Body Nourishing Cream £15, madara.co.uk



Smells divine and a little goes a long way
Boots Extracts Brazil Nut Body Butter £7.34



Naturally-balanced and says protein-based
Skin Rich Win Yang Cream £19.50, yinyangskincare.co.uk

BE firm

We could all do with an extra helping hand with our wobbly bits and companies are falling over themselves to get us to buy their latest miracle potions. While some have more subtle effects than others...



Smooths, firms and firms the décolletage
Beautiful Breast Serum £12, M&S



Improves skin texture quickly
Emla Intensive Body Toning Gel £32, 020 8450 2020

TRIM THAT tummy!

Start toning up your torso in time for summer

THE Crunch

1 Lie on your back with your knees bent and hip-width apart, feet flat on the floor. Put your fingertips on each side of your head.



2 Breathe out as you tense your abdominal muscles and lift your head and shoulders off the floor. Keep your chin lifted, so that there is a space between it and your chest. Hold for a count of two. Breathe in as you lower slowly back down. Aim for 16 crunches.



THE SALON solution

Laura Jones tries out the Arazys inch-loss treatment...

"After having a number of pads strapped to my thighs, bottom and tummy, I was ready for the electronic micro-currents to contract and relax my muscles. It's a strange, yet painless sensation, and the intensity is increased during the course of the session. Each treatment is said to be the equivalent of doing over 300 sit-ups, so it's excellent for toning. It's also a good option to try if you are working out, but need to give your certain problem areas an extra blitz to help you feel more bikini-confident. I felt more toned after one session, but you need a course of treatments to achieve real inch-loss."

LAURA'S RATING: 8/10
A 17-minute session costs from £20, with discounts on courses of treatments. Call 01202 299228 for more information

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