

Good looks

Beautyfile

Seasonal delights for the body beautiful, by Gill Shaw

Stunning summer scents

Summer scents are in its natural glory. The sun, the sea, the breeze. With fragrance, it's all about the senses. Like the one you love, it comes with the power of fresh, bright, sunny, fresh notes that come in your and fill the air. Instead of the ubiquitous and boring, there is a host of exotic, tropical and aquatic scents. With notes of mandarin, ylang-ylang, and other tropical scents, these are the scents of a summer, just a part of a fragrance.

Look for these scents in: The Body Shop, L'Oréal Paris, Garnier, and others.

Beauty focus

Body works

By the time you reach age 30, you'll have lost about 10% of your skin's elasticity. That's why you need to start using body lotion to keep your skin hydrated and supple. The best body lotions are those that contain natural oils and vitamins. They help to restore the skin's natural moisture barrier and keep it soft and smooth. Look for these in your shopping.

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Choice

Get the most out of life

Can friends do business together?

How to survive a divorce

Living with arthritis

Raymond Blanc: Dining for excellence

16 hours a day

The same deliciously different pasta recipes

Now pill for hay fever

Enjoy Britain. Walk in Richard Branson's footsteps

MAGICAL Madeira

Make the most of the all-year-round Isle

YOUR PRODIGY Or you might miss it

16 top picks with 16 top picks

Unbeatable value for everyday pampering, Australian Organics Evening Primrose Moisturizing Body Lotion (£3.99 for 200ml), packs pure essential oils into a lightweight lotion. From pharmacies, John Lewis or tel: 01622 859898