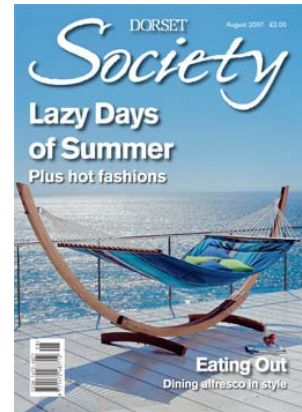




CLEAN SKIN

What you put on your skin is just as important as what you put in your body



ORGANIC GOODIES:

Body Shop Aloe Soothing Lotion, £9; **Waitrose** Organic Clarifying Shampoo & conditioner £3.99 each; **Liz Earle** Cleanse & Polish starter pack, pump and 2 muslins, £12.25; **Noe Cosmetics** range, includes baby shampoo, intensive night cream, etc from £5.00 to about £30, Waitrose; **Australian Organics** Conditioner and Shampoo, £3.99; **Ecosoapia** Eucalyptus Body Wash, 21st Century Health, £6; **Waitrose** Organic Moisturising Face Cream, £4.99; **Elixia by Moor Spa** Pumpkin Peel, prices vary; **Neal's Yard Remedies** Organic Frankincense Toning Body Cream, £22; **Liz Earle** Superskin Moisturiser, £30; **Neal's Yard Remedies** Mahonia Clear Skin Formula, £6; Organic