

Health & Fitness

about you

STUFF WE LOVE...

Keep it Kula

The '80s Bikini, £27.99, by Kula, available in sizes 8-16, will look great against sun-kissed skin this summer. Call 01702 533939 or go to www.kulaaustralia.com.



Stay in the shade

Blend in with the line judges and umpires at Wimbledon this year by wearing these Rodenstock Wimbledon Sunglasses, £99. For stockists, call 01474 531103.



Get a grip

Pack everything but the kitchen sink into this spacious Animal Hamate Grip bag, £24.99, with extendable straps and an all over funky flower pattern; www.animal.co.uk.



Killer heels

Wear your heels for three to four times longer with these new Insolea shoe inserts from Simply Feet, £5.95 for one pair; www.simplyfeet.co.uk.

Safe and sound

Store your vital medical and personal information on this handy wearable UTAG Sport USB.



TRADE SECRETS: SARAH CHAPMAN

The celebrity skincare guru shares her tips on how to protect your skin this summer

When the weather is hot carry a mineral-water-based spray to spritz the skin to refresh and keep it hydrated. This is also great for on aeroplanes, especially long-haul flights. La Roche-Posay, Avène and Evian all have great sprays.

SPF protection is the key to looking after your skin. As a skin specialist I see a great deal of sun damage. Using the Beau Visage skin consultation system (imaging technology that can look up to two millimetres beneath the skin's surface), I can see underlying damage not visible to the naked eye. This manifests itself in blotchy uneven pigmentation, as well as cellular damage, which can lead to premature ageing.

It is important to remember a suntan is a scar and shows damage has occurred. With such good fake tans, like Xen-Tan and St Tropez, on the market, a real tan is not necessary. In the heat of summer wear a minimum SPF 30 and, if out and about, wear 60 on your face and chest. I would recommend you have regular Beau Visage sessions to assess the changes in your skin, especially before and after the summer.

Avoid deep exfoliating treatments, such as glycolic peels, as they will make your skin more photosensitive and subject to damage. Support the skin with vitamins and antioxidants, which will back up your SPF, giving the skin added internal protection. Skinesis Dynamic Defence treatment offers added protection and helps repair DNA and UV damage while lightening hyperpigmentation. For treatment details, log on to www.sarahchapman.net or www.beauvisageweb.com.



SO HOT...

▲ Face food

Probiotics are the new trend in skincare. Fuel your skin's good bacteria with the Face Boutique's fresh faced oil-free moisturiser, £12; www.faceboutique.com.



▲ Sober Brits

A Martini study suggests around 75 per cent of women are now opting out of the booze culture, prompting brands to offer drinks with lower levels of alcohol. About time!

▲ Jog on

Thanks to the economic downturn, old school, aerobically workouts with a focus

SO NOT...

▼ Shelf appeal

We've noticed, to save consumers pennies, supermarkets are offering cheap deals on packaged fast food products. *H&M* says more discounts on fresh produce instead please!

▼ Booby bounce

According to Shock Absorber, more than 15,000 women ran the 2009 Flora London Marathon and collectively their breasts travelled 60,025 miles in bounce – that's the equivalent of twice around the world!

▼ Crippling effects

Take a leaf out of our book – lifting heavy weights, such as kettle bells, is a bad idea.



When the weather is hot carry a mineral-water-based spray to spritz the skin to refresh and keep it hydrated. This is also great for on aeroplanes, especially long-haul flights. La Roche-Posay, Avène and Evian all have great sprays.