Reveal

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Team Reveal

Martine's Beauty secrets

4-PAGE SPECIAL
Save £££s with DIY salon treatments

Our beauty columnist **Martine McCutcheon** gives the lowdown on how to be perfectly pampered – at home!

Beauty salon prices can really bust the budget – so this week we can all be our own beauticians at home.

If you follow my tips you can save yourself so much money. The cost of manicures, pedicures and other treatments that us girls treat ourselves to can often add up to half the cost of your summer holiday!

So put your money in the holiday kitty instead and use my personal tips for being beautifully buffed, perfectly polished and pampered.

Who needs a salon when you can have one in your own bathroom?

Welcome to my beauty school... You're now all fully-qualified beauticians – 'cos I say so!

Lots of love,

Martine x

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Jessica loves the Collin products. 'I've been using them since having a facial in Australia and I love the deep cleansing scrub. It's been a great discovery,' she says.

Skinvitals Lift CoQ10 Concentrate Serum, £12

M&S Spencer Formula Instant Fix Moisture Replenish Mask, £9.50

Collin Purity Exfoliator, £21.50

CREATE A HOME SPA

- Make sure you have lots of fresh, clean fluffy towels.
- Wash your favourite dressing gown and warm it up on the radiator.
- Invest in a white or baby pink, Velcro fastening headband.
- Light some scented candles.
- Switch your phone onto silent mode.
- Play your favourite music. If I want to relax, I'll go for one of the Feel Good Music Collection CDs by Fridrik Karlsson (thefeelgoodcollection.com). But if all my girls are round, something from the 80s is always a winner.

How to do your own fabulous facial

For a really good, cleansing facial, exfoliate with your favourite scrub that m... your skin feel like it's had a really good polish. Then, steam your face over the s... using cooled, boiled water from the kettle and a towel to trap the steam.

If you have blackheads you want to get rid of, try some extraction after steam... Make sure your hands are really clean, then wrap your fingers with a little tissue... gently press the skin around the blackhead to see if it comes out. Don't press too... though, if it doesn't budge, don't force it!

Next, apply a cleansing milk and, using the pads of your fingers, really massa... skin all the way down to your décolletage for a few minutes. Massaging your co... thoroughly will make your skin really look like it's had a professional facial – i...

Splash with warm water and use a damp cotton pad to make sure all the clea... been rinsed off, before splashing your face with cold water and applying toner.

a mask suited to your complexion – and relax for 15 minutes.

To finish, smooth on a serum before applying a moisturiser for your skin typ... like to apply eye cream and lip balm – it's the perfect finishing touch.

A-list favourite

Turn over for mo

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