

# THE PEOPLE

**take ease**  
Your lives \* your laughs

Wait tables or work with Colin Firth? It was a no-brainer!

**CHAT**  
**Emilia Fox** reveals how she got into acting

**PLUS**  
All the top telly

**7 DAYS** of Britain's best TV & films

## April FLOWERS

Beauty products are brimming with natural ingredients from fruit and flowers to leave us looking good and feeling good, too...

**Hibiscus**  
Often drunk in tea form, hibiscus flower is a known antioxidant which fights damage caused by free radicals such as smoke and pollution. In beauty products, it's extremely moisturising and energy boosting.  
**Best Buy:** Morrisons Aloe Vera & Hibiscus Frizz Control Hair Mask, 99p.

**Apricot**  
Vitamin A makes apricots good for removing spots and brightening tired skin. Often found in exfoliating products, apricots work deep into your skin to leave a refined, radiant finish.  
**Best Buy:** St Ives Apricot Body Scrub, £4.99.

**Orange**  
Great to use first thing in the morning as the citrus scent is awakening. Orange is also known as an antidepressant and can be used as an antiseptic and a tonic builder. When present in hair products, orange is good for encouraging a healthy scalp. Some aromatherapists use orange oil to aid in treating palpitations, colds and flu and stress-related disorders.  
**Best Buy:** N-Spa Moisture Boost Hair & Scalp Mud, £7.95.

**Peppermint**  
Peppermint has an abundance of benefits. They include being anti-inflammatory, antiseptic and stimulating. Peppermint is often found in foot and hair products to cool, freshen and enhance a natural shine in hair.  
**Best Buy:** The Body Shop Peppermint Cooling Foot Spray, £4.85.

**Almond**  
Almond is a wonder seed often bought in oil form for beauty needs. Known for improving complexion and retaining glow, almonds are intensely moisturising while being soothing to irritated skin. Almond oil is also said to anti-age, lighten dark circles, relieve dry itchy skin and cure chapped lips and body rashes.  
**Best Buy:** Morrisons Almond Body Butter, £2.93.

**Pomegranate**  
Recent research has shown that the oil from the seeds of a pomegranate provide a powerful antioxidant benefit by fighting damage caused by pollution, cigarette smoke and harmful rays from the sun, making pomegranate an excellent anti-ager.  
**Best Buy:** Tesco Skin Boost Acai & Pomegranate Body Lotion, £3.42.

**Olive**  
Often formulated in oil form, olives are a great skin moisturiser. Containing Vitamin E and other anti-oxidants, olive oil is good for moisturising extra dry areas like elbows and knees. As a hair conditioner it smoothes and shines and is used on nails to soften cuticles and add shine.  
**Best Buy:** St Ives Elements Olive Scrub, £4.99.

**Avocado**  
This very rich yet highly penetrative oil is used mainly in beauty products. It's a thick oil which is often found in hair ingredients for dry, dehydrated or ageing skin.  
**Best Buy:** VOS Deep Nourishing Elixir Strengthening Shampoo and Conditioner, £2.15 each.

**Rose**  
Rose hips are the name of the seedpods that are left on a rose bush after the flowers have fallen off. The oil extracted from the hips consists of fatty acids and a high Vitamin C content making them beneficial to the anti-ageing of skin. The fatty acids are thought to work at regenerating, therefore smoothing fine lines and wrinkles.  
**Best Buy:** Skin Vitals C-Brighten Cloth Facial Treatment Mask, £2.99 (available from Boots).

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