

Summer beauty SOS

Feeling frazzled? Flaky? Let Yve Lyons' top tricks and fast fixes sort you out. You'll be looking like a beauty queen by tomorrow...

Problem: Cold sore

Cause: The virus lurks in a nerve of your skin until the body's immune system is challenged somewhere else. Sores often occur on the first few days of your holiday because sunlight slows down your immune system.

Cure: Invest in a good cream, like **Boots Lip and Cold Sore Cream, £1.99**, and use it as soon as a sore threatens. Boost your immune system pre-holiday with lots of Vitamin C.



Problem: Prickly heat

Cause: Is sun-induced and can occur in areas where the sun rarely reaches, like armpits or the groin, when sweat glands get blocked. Polymorphic Light Eruption (PLE) is often mistaken for prickly heat. This is an allergy to

UVA rays and appears in sun-exposed areas. The reaction occurs up to five days after severe sun exposure on skin that hasn't recently seen the sun.

Cure: For any sun-related rashes, pick a non-irritant sunscreen, like **E45 Sun Lotion, from £9.66**. If you get a sun or heat induced rash, try **Charles Jordi Prickly Ease Spray, £8.50** (stockists: 0845 260 8005).



Problem: Sunburn

Cause: Over-exposure to sun without adequate protection. Chances are someone in your family will get a little burnt at some point during the summer, so be prepared.

Cure: Drink plenty of water to re-hydrate you and your skin. Take aspirin or ibuprofen to help reduce inflammation. Use cold compresses on burnt areas to help reduce the

temperature. Eat plenty of fresh fruit and veg which contains vitamins A, C and E to help balance the damaging free radicals running riot. Moisture and cool down with an effective aftersun like **Mary Cohr Pure Comfort After-Sun Care, £19.25** (stockists: 0808 100 3102).



Problem: Frazzled hair

Cause: UVA and UVB rays can cause the bond that holds the cuticles together to separate and curl away. This allows the shine-enhancing pigment that lies in your hair to filter out, causing hair to lose its lustre.

Cure: This damage can't be reversed, but it can be prevented. Use hair products that contain sun filters, such as **L'anza Swim and Sun Set, from £14.95** (call 01296 612062). It contains a spray that's great for protecting delicate scalps.



CHEST CASE: Coleen glows for it



BURNS NIGHT: Jennifer's got the strap mark

Beauty Ed's fave

Kim Cattrall and Sophie Dahl both keep their skin hydrated with Nivea Body Rich Care Body Moisturiser, £5.69, specially formulated for dry skin. Its almond oil and Vitamin E ingredients leave the skin smooth and silky soft.



Facelift in your handbag!

SkinVitals is a collection of eight single sachet cloths, which can be used anywhere at anytime with no mess or fuss. The range includes **L-soothe** to relax and calm your skin, **Eye Lift** to combat the wrinkle zone and instantly take years off and **H-Revive** to hydrate parched skin. Simply place the cloth over your face and leave for 15 minutes. Each sachet costs just **£2.99** or you can get a pack of four for **£10** (available through mail order: 01622 859898.)

Mum's the word

New mums or mums-to-be can now shop for more than a pram in Mamas & Papas. They've introduced a gorgeous natural skincare range for you and your little one, including **Mum Bathtime Indulgence, £14** and **Baby Bathtime Treat, £14**. There are also some lovely gift sets which contain things like Pulse Point Revitaliser to liven up tired mums and Baby Massage Oil to keep your baby relaxed. For stockists, call 0870 830 7700 or visit www.mamasandpapas.com



Have a makeover on us!

Do you dream of a magical makeover? Take it Easy are looking for readers who want a day to remember. The new-look you will be photographed for a future issue. Send your request and any beauty dilemma you'd like solved, with your name, address, phone number and a photo to: **Makeover, Yve Lyons, Take it Easy, 1 Canada Square, Canary Wharf, London E14 5AP.**

