

by Ariadella Hoed and Helen Patton

10 of the best summer refreshers

They're super-cool...



Alberto Balsam Tea Tree Tingle
£1.99 for 400ml

A shampoo and conditioner combo with scalp-tingly extracts of tea tree and mint. Ideal for soothing itchy scalps and the bargain price should lift spirits too.

Origins Jump Start Stimulating range
(body wash: £3.5 for 200ml)
Supercharge your bacteria with this delicious coconut-based body cleanser below. Its skin-salting wheat proteins and zesty smell will have you bounding from shower to office!



Oil of Peppermint
£5.25 for 10ml
A multi-purpose travel companion: Take to relieve travel nausea or indigestion, or add a few drops to a bowl of hot water to de-burg hayfever sniffles. The perfect pick-me-up.



SkinVitals G-Energize Face Cloth Mask
£2.99 per sachet
This refreshing, mess-free mask is ideal for travel. Just lay the cloth over your face, lie back in your hotel bed and let the ingredients work their radiance-boosting magic within 15 minutes.



Fresh Hair by Kevin Murphy
£19.95 for 150ml
A discreet hair-replenishing secret for when you just don't have time to wash your mop. Simply spritz the fragrant elixir onto dirty roots, rub lightly with a towel then march off to your morning meetings.



Antistax Cooling Leg Gel
£5.49 for 120ml
From good health food shops and pharmacies. Are your feet often sore and swollen after standing all day at a conference or traveling? This soothing gel contains red vine leaf extract - a great quick fix for puff and aching pins.



Ice Lift by Mary Cohr
£28 for 50ml
This non-sticky, instantly invigorating facemask is a joy to apply (and more importantly, remove) when on the hoof. Contains natural fruit acids for gentle exfoliation, plus a special 'denslift' complex for reviving dulled complexions.



Invigorating Body Moisture Spray from Dead Sea Source
£4.99 for 300ml
A superlight cooling body spritz formulated with hydrating Dead Sea minerals, energising peppermint and deodorizing cedarwood to zap your body into summer-mode.



Nivea Visage Aqua Sensation Anti-Shadow Eye cream
£8.99 for 15ml
Like invisible cucumber slices, this refreshing new gel cream formulation de-puffs and perks up tired peepers whilst keeping dehydration wrinkles at bay.



MOP Basil Mint Shampoo and Conditioner
£8.95 for 300ml
Get the day off to a zingy start with this organic shampoo and conditioner. Herbal extracts of basil and sage help keep travel odours at bay, like fresh air for hair.