

Secrets from the sea

What's it all about?

Packed with skin-essential minerals, including calcium, magnesium and potassium, and some important trace elements, the healing powers of seaweed and mud have been known for centuries. And, used in the latest beauty products, they can help boost the condition of your skin and hair.

- Very high in vitamins and minerals, seaweed has powerful antioxidant properties that reduce ageing free radical damage.
- The minerals in seaweed help speed up cell turnover, leaving you with softer, smoother-looking skin.
- Rich in vitamins A and C, seaweed helps maintain healthy collagen formation, so the skin stays supple.
- While seaweed draws out ageing toxins, it also releases nutrients into the skin.
- Dead Sea mud contains mineral-rich sea salts and is a great exfoliator.

34 Beauty Plus

From face masks and body scrubs to skin creams and shower gels, the latest sea-based products will leave you looking and feeling great

BODY FIRMERS

The seaweed and mud in these moisturising and toning products is said to speed up the metabolism and improve the skin's appearance. Always apply to damp skin so they're well absorbed.

TRY Tesco Body Therapy Spa Smooth & Svelte Body Sculpting Lotion, £5.79; Guam Fangocontra Mud-based Cream (1), £25.99, HQhair.com; Dove Firming Beauty Body Lotion (2), £4.99, from chemists and supermarkets; Champneys Aqua Therapy Moisture Rich Firming Body Lotion (3), £30, Sainsbury's.



SKIN SMOOTHERS

The rich mineral concentration in sea salts cleanses and refreshes the skin and boosts cell renewal. Added to a hot bath, the salts help relieve aches and pains and reduce irritable skin conditions such as eczema and psoriasis. Also, sea salt scrubs make great exfoliators. Use them in your bath or massage on to skin, especially the dry patches around the elbows and knees, and on feet.



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YOUR BEAUTY

FACE BRIGHTENERS

Minerals in seaweed and Dead Sea mud stimulate circulation and leave the skin looking more radiant. The minerals also soothe any inflamed or itchy skin conditions.

TRY The Body Shop Seaweed Purifying Facial Cleanser, £6; Montagne Jeunesse Mud Fac (3) 99p; Asda Clarins Beauty Flash Balm (2), £25, from selected Boots and department stores; Speeding Mud Therapy Sensitive Deep Cleansing Mud Mask (3), £199.



BATHING DELIGHTS

Whether you're lying back in a bath or in the shower, fresh-smelling sea-based creams and gels soothe your skin and uplift your senses.

TRY Boots Natural Collection Sapphire & Sea Minerals Bath Cream (1), £3.49; Radox Daily Elements Hydra Sensitive Shower Spa (2), £3.99; Lush Big Blue Bath Ballistic (3), £2.65; Palmolive Thermal Spa Massage Shower Gel, £1.88; Superdrug Dead Sea Source De-Tox With Seaweed Bath Soak, £5.49, Boots.



HAIR TREATS

Seaweed is great for boosting hair growth, health and shine, due to its high mineral content. Plus, both seaweed and Dead Sea mineral salts can soothe a dry, itchy scalp.



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TRY Dead Sea Spa Magik Mineral Shampoo (1), £6.50, Debenhams and Holland & Barrett; Neal's Yard Seaweed Shampoo (2), £6 (0845 262 3145; www.nealsyardremedies.com); Mark Hill De-Frizz Shine & Control Spray (3), £6.49, Boots; Spa Find Heavenly Hydration Mineralizing Shampoo, £15 (01580 211 055; www.spafindskincare.com).

