

Wake up, get energised!

BODY BRUSH

I can't tell you how much this boosts the body and improves your skin's texture.

HOW TO DO IT PROPERLY... Spend about five to ten minutes on this.

+ Sit down and start on the sole of your right foot, then brush over the top of your foot, up the lower leg, sweeping around, brushing upwards only.

+ Stand up and brush from your knee to thigh, using longer strokes. Brush from your buttocks up to your waist. Repeat for the left side to the waist.

+ Next, start on the palm of your right hand, then the back of the hand and work towards your shoulder. Repeat, starting from your left hand.

+ Finally, gently brush your tummy in a clockwise circle. Then take a dry flannel and gently massage the sensitive neck and chest area, in a clockwise direction, finishing on your face.

CLEAN SKIN

Cleanse and buff your body, ready for a few treatments, with a body shampoo

or gel that's gentler than soap, so you don't upset your skin's pH. Try: *Cowshed Gorgeous Cow Shower Gel*, £18; *Clarins Eau des Jardins Uplifting Shower Gel*, £18; or *Liz Earle Orange Flower Botanical Body Wash*, £11.25.

FOCUS ON DRY SKIN

Massage in an oil-based, skin-softening scrub. **w&h favourites include:** uplifting *ESPA Detoxifying Salt Scrub*, £7.15 for two 50g sachets; *Champneys Citrus Blush Hydrating Body Scrub*, £9; and *He-Shi Quick + Easy Exfoliating Bodywash*, £12.

DIY MIX-UP Use 2tbsp ground oatmeal and ground almonds with 3tbsp coarse sea salt or brown sugar. Spread on a damp loofah or sisal mitt (try *The Body Shop Hemp Body Mitt*, £7, pictured, right) and massage over your body.

NOW FOR A SWIFT SELF TAN

Speed grooming: tan up the bits that go on show with a foolproof, swift body buff, using *Garnier Ambre Solaire Two-Step*



Self-Tan Kit, £5.49, a scrub and mitt kit, with the new *No Streaks Bronzer Self-Tan Mousse*, £13.99, or *Tinted Gel*, £11.49, making streaks a thing of the past.

BETTER BODY RULES

Switch your regular body cream to a glycolic version that helps smoothe and resurface dry, bumpy skin. Try *Jan Marini Bioglycolic Hand and Body Lotion*, £41.

Mix up a mask

Without doubt one of the best beauty treatments ever, a mask always makes you pause, rest and take a break. Careful... you might get used to it! But to prove a day of bliss needn't cost the earth, here are a couple of fresh face-mask recipes to try...

+ GOING BANANAS

This soothes super-dry, irritated skin.

1 banana, preferably ripe

1tbsp honey

juice 1 lemon

DIY MIX-UP Blend the banana and honey together, then add a good squeeze of lemon juice. Apply to face for 15 minutes before rinsing with a very warm washcloth.

+ PORRIDGE FOR PORES

Cleanse and rejuvenate all skin types.

1tbsp live, natural yogurt

1tbsp finely ground oatmeal

4 drops honey

DIY MIX-UP Blend the yogurt and oatmeal. Add the honey. Apply and leave for ten minutes, then rinse with warm water and a warm washcloth.

+ HEY HONEY!

Perfect for dry skin and hair.

1 ripe avocado

½ cup honey

DIY MIX-UP Mash the avocado into a creamy pulp, mix in the honey, then apply. Leave for ten minutes. Rinse with a cool washcloth.

READY-MADE? Try new peel-offs for a bit of a ritual and to transform skin: *The Sanctuary 30 Day Youth Revolution*, £22.50, is a 15-minute glycolic mask and serum kit with a brush; *Sarah Chapman Skinesis Instant Miracle Mask*, £38 for four sachets and a shaker, is a pro-strength rubberised mask. Shake it up fresh, apply then peel.

PORE-MINIMISING KIT

For intensive pore problem solving, try *Biore Deep Cleansing Pore Strips*, £3.99, across the nose and/or chin. And use a regular oil-control treatment, such as *Clinique Pore Refining Solutions Correcting Serum*, £36.50. >>

