

# BODY revival



Awaken your skin from winter and glow right through summer.



The warmer months are almost here, which means it's skin-baring season. **Sheree Mutton** asks the beauty experts for their skincare tips to help you get summer-ready.

**L**IKE MANY WOMEN, I too become slightly anxious as the warmer weather approaches. Summer means it's beach time and that can bring a certain level of fear for those women who aren't very comfortable in a swimsuit. Too often, we slack off in winter when it comes to exercise and our skincare regimen. Fortunately, there is still time to get your best body ready for the beach season.

### *Get smooth skin*

According to Anna Field, of The Paddington Beauty Room, we are all guilty of not taking good care of our skin during winter. So how can we restore moisture? "I highly recommend using a richer body cream to transition from post-winter before the hotter weather, where a lighter texture is more pleasurable," she says. "It is also probably time to replace your body SPF if you have not used it since last summer, as SPF only has a 12-month usage once open."

Skincare expert Nichola Joss suggests prepping the skin by body brushing. "[It] will take off topical dry skin and build up circulation, getting the blood flowing and awakening the body as well as muscle tissue, so this is great-to do first thing. Then I suggest a sugar or salt-oil scrub to get to work deeper into the skin. Work this in before jumping into a shower or bath, then gently massage off residue with warm water," she says.

### *Improve cellulite*

It's estimated that only 10 per cent of women don't have cellulite. Sculpting creams and brushes are a great way to improve circulation and target fat cells. "Massaging your body daily and using a product designed for cellulite will definitely help," says Nichola. "I like to use a cellulite cream and vigorously. Massage this into problem areas and then massage in a rich body cream.

"In the evening, I recommend using a good body oil tonic or contour product and again spend time massaging into the skin. This improves not only tone and texture, but also muscle tone and vitality, and healthy muscle gives better contours."

Nichola also suggests reducing the amount of processed food that you eat. "Toxic residue builds up and enhances the appearance of cellulite, as does a lack of exercise and bad diet," she says. "Cut out sugars, sodium, carbohydrates and processed foods." >

## Hair removal

During the winter months, you'd be forgiven for letting your legs sprout a few extra hairs, but this can usually mean some extra pain in the long-term. "Waxing through winter means you don't go through the 'ouch'," says Anna Field.

"As hair grows inwards as well as outwards and the more deep-rooted your hair becomes, the more waxing hurts.

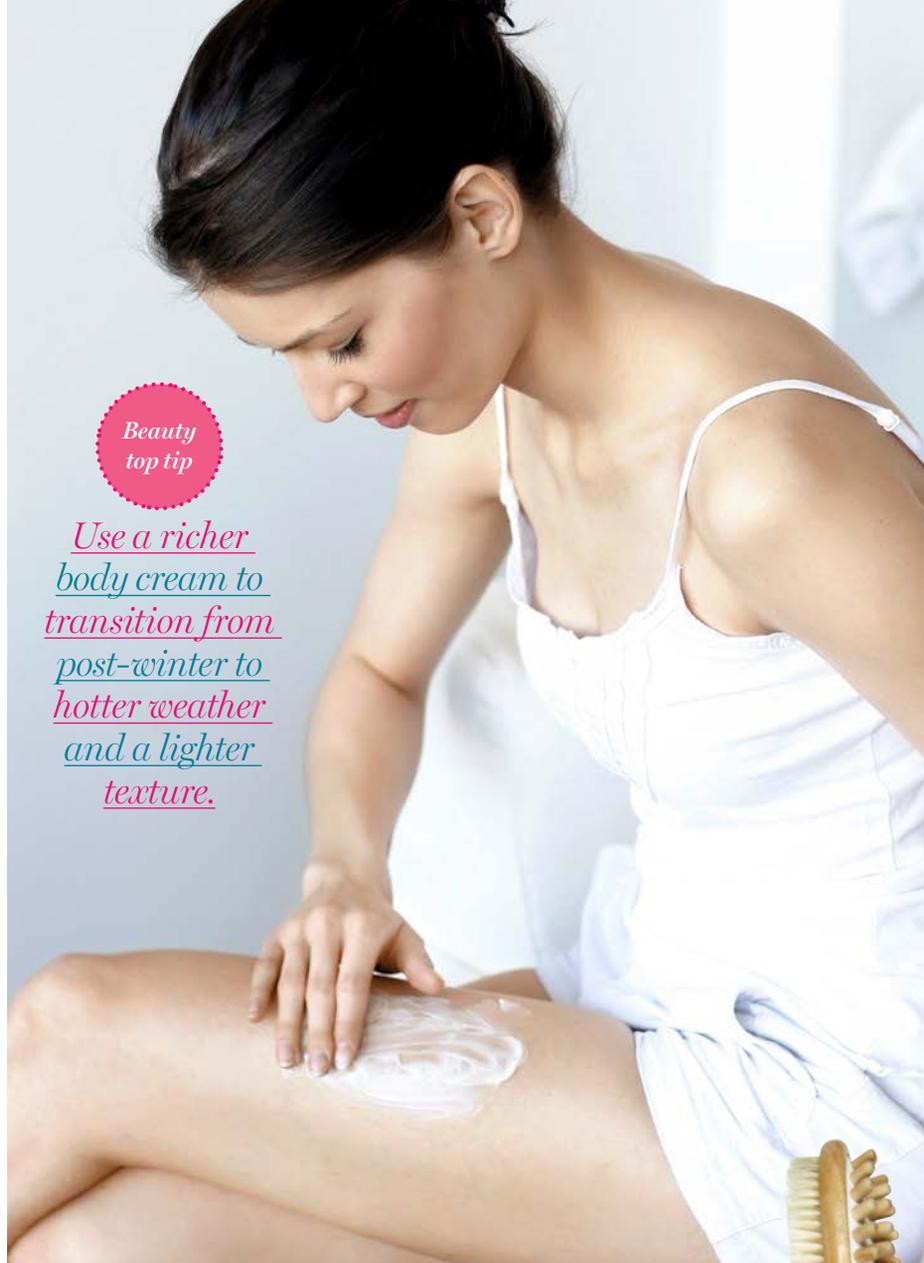
"To reduce in-grows, use a body lotion daily and exfoliate twice a week," she advises. "On the more delicate areas like the bikini line, use a soothing type of body oil post-waxing to reduce inflammation."

If you prefer shaving, Nichola Joss suggests using a body scrub first, then a woman's razor designed for sensitive skin.

## Maintain a tan

A home tan offers a healthy glow and the benefit of looking more toned. Yet where should you start? "When applying a home tan, apply a very light moisturiser on your knees, elbows and eyebrows if you are fair," says Anna Field. "I highly recommend using a sponge mitt to get even application. To do your back, swing the mitt around so you use the back of your hands to reach between the shoulder blades."

For Nichola Joss, moisturising is the key. "Keep self-tan lasting by massaging in a daily moisturiser and exfoliate after one week," she says. #



Beauty  
top tip

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### BODY-LOVING PRODUCTS

1. Nad's Exfoliating Body Wax Strips, 20 strips, \$12.95. 2. Rimmel London Sun Shimmer Instant Tan, 125ml, \$13.95. 3. ModelCo Body Bronze Dry Touch Sunscreen with SPF 50+, 150ml, \$25. 4. Bondi Sands Gradual Tanning Milk Everyday SPF 15, 275ml, \$17.99. 5. Rituals Magic Touch Cherry Blossom and Rice Milk Ultra-Rich Whipped Body Cream, 200ml, \$32. 6. Clarins Masvelt Body Shaping Cream, 200ml, \$75. 7. Schick Hydro Silk TrimStyle, \$21.99. 8. Palmer's Cocoa Butter Formula Body Scrub, 150g, \$9.99. 9. Dr. Brandt Cellusculpt Body Shaper & Cellulite Smoothing Cream, 180g, \$79. 10. Argan 5+ Oil Body Sculpting Serum, 125ml, \$29.99. 11. Weleda Evening Primrose Age Revitalising Body Oil For Mature Skin, 100ml, \$30.95. 12. Manicare Cellulite Bristle Brush, \$14.95.