

Natural Beauty

Fresh, fragrant and fruity indulgences for an inner and outer glow



STELLA NUDE, £28.99 for 30ml (available from The Perfume Shop; call 0845-601 1950)

The latest scent from Stella McCartney, Nude is set to become a classic. Inspired by the 'intimacy' of lingerie and bare skin, it's the softer, sensual version of the original Stella, and contains ingredients chosen for their alluring appeal, including Moroccan rose, peony, amber and vanilla. As you'd expect from the daughter of one of the world's best-known vegetarians, the fragrance is animal-friendly, organic and ethically sourced.

Smooth running

Got a carpet of fuzz on your legs? Keep it under control with our favourite Wish Shave Crave, £16.43 from www.bathandunwind.com. We're devotees of the skin-softening shaving cream (made only with organic ingredients), and

simply love the pomegranate version. There's also scrummy lemon grass and almond to choose from. Slather it on to transform your pins into smooth, sexy legs, thanks to green tea, shea butter and jojoba seed oil. The cream isn't tested on animals so it's kind to fur as well as leg fuzz!



BEAUTY ON TEST

Korres Wild Rose Foundation, £20 (www.bathandunwind.com)

I sometimes struggle to find the right foundation for my fair, freckled complexion, but this was perfect for sensitive types. I have mature skin that's prone to breakouts but experienced no problems using this product over several weeks. At first I thought the light consistency wouldn't even out my skin tone, but the coverage was good, and gave me a really natural look. I didn't even have to use concealer, as I just blended a few extra dabs where needed. The final result felt silky, appeared quite dewy and by the end of the day looked great, not greasy. I would buy this foundation again.

★★★★★

• Tested by Anita Parry-Waller, 43, Chatham, Kent



EXPERT TIP

SUNITA PASSI, FOUNDER AND CREATIVE DIRECTOR OF THE AYURVEDIC BEAUTY COMPANY, TRI-DOSHA, SAYS: A Garsham glove is a silk mitten used in Ayurvedic treatments. It works like a dry body brush to buff up, exfoliate and improve circulation, giving the skin a lovely glowing finish. Just use circular motions. Available from www.maharishi.co.uk, £14.10 per pair.



MAKE YOUR OWN

Seaweed bath

If the chilly winter weather has left you feeling sluggish and in need of an instant pick-me-up, turn to the taps and relax in this mineral-rich bath soak, concocted to curative perfection by aromatherapist Danièle Ryman.

INGREDIENTS

- Half a packet of dried seaweed (you should be able to find this in any good health-food shop)

- 5 drops cypress essential oil
- 2 drops lavender essential oil

RECIPE

Wash the seaweed, then soften it in a bowl of water. Add the seaweed to a running bath, and pour in the oils. Alternatively, just use the juices from the seaweed. To do this, place the seaweed in a pan of 1 pint of boiling water. Simmer for 10 minutes (the liquid should reduce by half). Strain and cool before adding to your bath with the oils. Relax and soak in the water for 15 minutes to let the cleansing minerals get to work on your body and mind.

