

# Notebook

a lot of what you fancy...

## Notebook **BEACH BEAUTY** special

### PREP TALK

#### THE CREPEY SKIN FIX

It's impossible to keep your cleavage hidden when you're in a bikini, so if your décolleté needs some SOS, check out new **Marks & Spencer Formula Advanced Anti-Crepe Neck & Décolleté Cream, £18**. It has an instant smoothing effect AND long-term anti-ageing results.

#### THE TWO-WEEK FAKE TAN

There's nothing more depressing than arriving for a holiday with a glorious self-tan, then seeing it fade as soon as you land. For that reason we recommend prepping with **L'Oréal Sublime Bronze Self-Tanning Elixir, £15.99**, which builds up over three days and then stays for up to a fortnight.

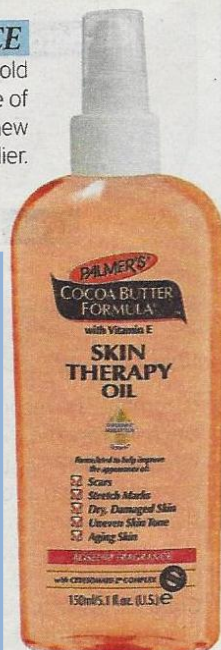


#### Exfoliate, exfoliate

'If you have less than a week to go before your hols, exfoliate every day using a gentle polish exfoliator,' says Samantha Greaves, advisor to No7. 'This helps you get a nice smooth tan (fake or otherwise). If you literally have a day to go, use a microdermabrasion polish (try No7 Total Renew, £11.50). It has the scrubby particles in, but it's also a chemical exfoliator, so it will have the biggest result in terms of immediate effect. Make sure you are extra-diligent with your sun protection, though.'

#### SCAR ACE

**Palmer's Skin Therapy Oil** is already the gold standard for helping to reduce the appearance of scars and rough, uneven skin tone. But the new **Rosehip Oil Spray** version, **£9.99**, is even lovelier. Apply three times a day for as long as you can - this is an area where dedicated use pays off.



#### SPEEDY DETOX

Juice fanatic **Chris James** has just launched his **3R Cleanse**, **£40**, at SpaceNK, which features sachets you add to smoothies for a quick detox. Don't expect to lose a dress size, but it's a great tummy flattener.



#### JUST THE PITS

We're used to rolling deodorant under our pits, so **Nair** obviously decided their new **Argan Oil Glide On Depilation Stick, £5.10**, would be the natural way to get shot of underarm hair. Actually, they're not wrong, it only takes five mins, and it'll keep your pits smooth for several days longer than a razor (it's good for bikini line too).



Model wears: Lepel Summer Days Underwired Balconette Bikini Top, £30, and Lepel Summer Days Bikini Brief, £14, Figleaves.com.