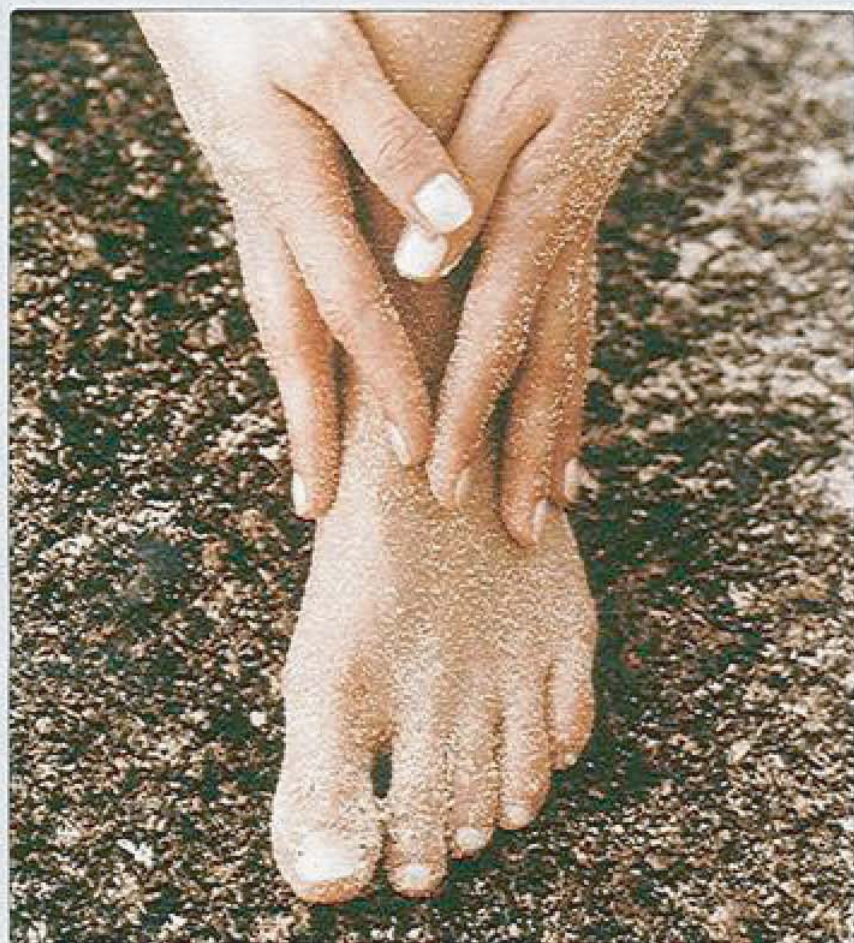


Beauty news by Kate Shapland



THE BACKSTAGE SECRET HOW TO MAKE ROUGH SKIN SMOOTHER Elbows, hands, knees and heels – all traditional rough-prone zones – don't respond well to moisturiser unless you prime skin prior to applying it with exfoliator. I find the best scrubs for these bits cost nothing: a mix of sea salt and olive oil normally does the trick very well. The New York aesthetician Rachel Cunningham uses sugar instead of salt and adds lime juice and chopped mint leaves to the recipe (she calls her mix a Mojito Scrub). The lime softens cuticles and bleach-whitens hand and toenails while the mint soothes and refreshes. To soften further, apply a deep-working nourisher; two high-performers: **Dream Botanicals Lavender Balm**. A lovely buttery balm made by the spiritual healer Suzanne Askham at her kitchen table in Wiltshire. £5, dreambotanicals.co.uk. **NV Perricone Hand & Body Lipid Replenishment** A good investment for eczema and psoriasis sufferers. £69, nvperriconemd.co.uk.



THE NOVELTY GAMILA SECRET SOAP So fluffy and creamy it is hard to believe they are soaps. Gamila Secret Skin Care Bars are made to a secret recipe belonging to Savta Gamila who makes them herself in Israel. Free of preservatives and animal fats, each batch is made with a 'teabag' of herbs and pressed olive oil. They take several days to cook, months to cure and are unlike any other soaps. The Miracle Mentha variant is out of this world. £15

THE EXPERIENCE**ONE-STOP GROOMING**

SHOP The powder room at Spa Illuminata in Mayfair is a well-kept secret among beauty editors. With showers and private changing areas, it is an oasis to escape to between work/shopping and going out (they even take your belongings home for you the next day) especially as one of the services offered is make-up – done by a Shiseido professional – and a blow-dry with a John Frieda stylist. From £60. 020-7499 7777.

THE COMEBACK PRINCIPLED BEAUTY

Those of us who have been in the business a while are welcoming the return of brands that offer more than celebrity endorsement. Korres, a company with its roots in the first Homeopathic Pharmacy of Athens, is one, and I have been following its progress from the first product – an aromatic herbal syrup inspired by the Greek warming spirit-with-honey concoction rakomelon. Korres sells herb-based skin and sun treatments, and now make-up: Korres Colour Cherry lip glosses – with antioxidant-rich cherry oil – are superb. £11, korres.com.



Skin needs special care and protection in holiday times. Sun, wind and sea are refreshing and health-giving, but sun-wind exposure can cause much discomfort. Take things carefully when sunbathing, and get a lovely tan through NIVEA. It contains "Eucerite", a substance closely resembling the skin's natural fats. Rich, velvety Nivea, by replenishing the skin

with nourishing oils, keeps it soft and supple while tanning. NIVEA CREME'S unique composition makes it not only of great value for general skin care, but also ideal for the three everyday cosmetic uses – for clearing, as a nourishing night cream and, used sparingly, as a powder base. NIVEA is the truly economical "all-purpose" value for money cream. Popular size – 2.5oz.

for skin-health and beauty

skin needs NIVEA

"Nivea" & "Eucerite" are reg. Trade Marks. HERB'S PHARMACEUTICALS LTD., WELWYN GARDEN CITY

THE CLASSIC NIVEA CRÈME

Making its debut in 1911, Nivea – which originally comprised crème, powder and soap – was a capsule line that only the elite could afford at the time, although its classless and sexless image is unarguably part of its ongoing success. The name Nivea comes from the latin *nix, nivis*, meaning snow, because the crème is such a pure white. And its unique aerated consistency (it feels like a meringue's squidgy centre), which allows the skin to drink it up quickly, is another reason why we still love Nivea Crème. £1.07, nivea.co.uk.