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SOCIETY

MAGAZINE

HEALTHY
exposure
to sex

NEW KID ON
THE BODEGA BLOCK

STAR MACHINE
BACK WITH A BANG

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TIMES IN THE
FAST LANE

COOL HOLIDAY
FUN FOR A-LISTERS

kim
smith
beach chic

CELLULITE BUSTER

The Body Shop have released a wonderful range of products with natural active ingredients that are sourced from **The Body Shop Community Trade Program**. The **Body Shop's New Body Focus** range allows you to have body treatments reminiscent of those you would receive at a spa. **The Body Shop Body Focus Cellulite Serum** visibly improves the appearance and texture of orange-peel skin. With its fat-burning caffeine and mint ingredient, this product promises to work hard long after application and throughout the day.

Tip
Make sure you body brush every morning before you shower; this is great for tackling cellulite as it gets the lymphatic system moving. Also, brush towards the heart.



PHOTO: CLARINS

ANTI AGEING WHILE SUNBATHING

For those of you who love the outdoor lifestyle, but not the damage it does to your skin, consider **Estée Lauder Re-Nutriv Sun Supreme Collection**. This first-class skincare collection is luxurious, and protects skin from sun exposure and the visible effects of photo-ageing. The **Re-Nutriv Sun Recovery Serum**, when applied after a day in the sun, helps the skin to recover. The **Thale Cress Extract** and **Endonucleas** ingredients calm skin, reduce lines and alleviate redness. The **Sun Supreme SPF 15** and **Sun Supreme SPF 15 for Body** are rich and beautifully scented, sensual creams. Finally, lips can remain luscious with **Re-Nutriv Sun Supreme Lip Balm**, with **SPF 15**, golden seaweed extract and algae extract to help protect and soothe the sensitive lip area. It has a delicious nectar flavour, which will come in helpful during that hot summer romance.



My belief is you should always invest in good quality sun care, and you can't get much better than the **Clarins** range. All products contain aloe to soothe and olive (except **Clarins Sports**) to moisturise. All the **Clarins** sun care products smell divine and are non-greasy, the perfect products for lazy summer days.



First up is the **Sun Care Cream High Protection for children SPF 30** – finally, sun care just for kids! For people like me who suffer from heat rash due to sun-sensitive skin, or people who tend to burn instead of tan, try **Sun Care Cream Very High Protection SPF 30**. There is also **Sun Care Soothing Cream SPF 20** for all skin types; but if you prefer a lighter, fresher feel the **Sun Care Spray Gentle Milk-Lotion** is for you. Last but not least, the lotion for all you sports fanatics out there... **Clarins Sun Care Spray Oil-Free Lotion for outdoor sports SPF 15** is quick and easy to apply, which is important when you are on the go – hiking, playing golf or just sightseeing.

GREASE IS THE WORD

If you are looking for natural cosmetics that are also great value the **Naetura** range could be for you. Their aim is to use ingredients that are not harmful to the skin, for example the **Dry Oil Jojoba Spray** for body and hair. The oil from the jojoba seed is known for its exceptional power to hydrate skin and it does not leave your skin greasy, making it suitable for all skin types. It hydrates the body and face while protecting and increasing the skin's elasticity.

