



# LET THE REVIVAL BEGIN

WINTER PRODUCTS: STAND DOWN!  
SUMMER IS COMING AND OUR SKIN  
NEEDS BOOSTING. BESTFIT'S SARAH  
COOK SHOWS US THE WAY...

## WITH A WET AND WINDY WINTER DISAPPEARING OVER THE HORIZON WE CAN DUST DOWN THE BBQ, FISH OUT THE FLIP-FLOPS AND ENROLL IN SOME JOYOUS OUTDOOR DRINKING.

If you've been wrapped up in your woolies and reluctant to enforce any kind of skin regime, then you need to read on to salvage that skin and prepare yourself for some sun.

Lets face it, when the alarm beeps and it's still dark outside, no one really wants to be stumbling into a cold bathroom to cleanse, scrub, shave and moisturise. It's likely you've developed a thicker skin than David Moyes over the last few months, but all is not lost and with a few steps and some practical products, you'll be sheading that winter skin and looking like a buff-ting.

### “ IN THE WARM SUN YOUR SKIN WILL NATURALLY PRODUCE MORE OILS AND SWEAT ”

The main hurdles will be dullness and dryness, but after that the key is to prepare your skin for the sun and combating that slightly oilier complexion caused by sweating. Blustery winds and cranked-up central heating are likely the biggest culprits for drying out your skin. So, now is the time to pick up a gentle exfoliating wash for your face that you can use every other day to help slowly remove the build up

of dry, dead skin cells. After a few weeks your skin will start showing signs of recovery and an overall freshness. Don't neglect your body though, as exfoliating the skin can help lead to more even tanning – if that's the look you're going for.

An exfoliating bar from Kiehl's should help with your all-over body needs. Alternatively pick up a cheap exfoliating glove from Boots, use it in the shower and just work in small, firm circular motions.

After exfoliating, especially with a face wash, it's important to nourish your skin. Think F1; changing your moisturiser to the weather conditions is as important as changing tyres from wet to dry. Tuck your rich winter product in the back of the bathroom cabinet and pick up a lighter cream that won't leave your skin claggy and shiny. In the warm sun your skin will naturally produce more oils and sweat, so its important to manage those excess oils. Try a Balancing Face Protector cream from The Body Shop to help target hydration where needed.

Hanging out in pub gardens or manning-it-up with the BBQ are likely causes of a sweat and shine outbreak. Everyone is prone to them, but trying a mattifying day cream can help prevent this. Maybe even grab a quick-fix product, like some blotting papers from Boots, to sling in your bag for any high-shine emergencies.

Having a healthy sun-kissed glow is one of the many perks of summer, but no one wants to be seeing a

leathery Dickinson lookalike. You must never underestimate the importance of sun protection, especially for your face. Along with serious health risks associating with the sun's harmful rays, it is also the one thing most likely to age your appearance.

### “ ALWAYS GO OUT EQUIPPED, AND BE SURE TO APPLY EXTRA SUNSCREEN IF YOU KNOW YOU'LL BE IN DIRECT SUNLIGHT FOR MORE THAN 30 MINUTES ”

Many daily moisturiser's are now formulated with an SPF, so just be sure to read the back of the pot to make sure you are covering your skincare needs. Always go out equipped, and be sure to apply extra sunscreen if you know you'll be in direct sunlight for more than 30 minutes. We like the light lotion from Ultrasun, designed specifically for the face, and which gives a non-sticky finish that's also water resistant. All skin on your face is super sensitive and the lip area also needs a little TLC. The sun can dry out the skin on your lips leaving them dry and hard. You can prevent this with a simple SPF lip salve from Nivea. However, if your lips are already damaged and undesirable you can easily exfoliate. Gently rub your lips with a soft toothbrush to loosen dead skin, or alternatively mix some Vaseline or moisturizer with a pinch of sugar to make a homemade exfoliant.

FOLLOWING THIS SIMPLE SKIN REGIME SHOULD BE HASSLE FREE AND MEANS YOU CAN GO OUT IN THE SUN WITHOUT FLAKING AWAY, OR DAZZLING THE LADIES WITH YOUR SWEATY GLOW. LASTLY, HERE ARE SOME QUICK FIX PRODUCTS THAT MAY JUST BE YOUR SUMMER SAVIOURS



### L'OREAL MEN EXPERT GRADUAL TAN-MOISTURISER

For a touch of sun on your skin, grab this Gradual Tan-Moisturiser from L'Oreal Men Expert. It will develop a subtle tan whilst providing effective hydration.

£10.99 at [www.boots.com](http://www.boots.com)



### KIEHL'S BODY SCRUB SOAP BAR

£14 at [www.kiehls.co.uk](http://www.kiehls.co.uk)



### BODY SHOP MACA ROOT BALANCING FACE PROTECTOR

£10 at [www.thebodyshop.co.uk](http://www.thebodyshop.co.uk)



### BULLDOG EYE GEL

Lastly, skin around the eyes can be super-sensitive and prone to premature aging, both things that are worsened by effects of the sun. Using an eye gel like this one from Bulldog can help to soothe sensitive skin and revive puffy eyes.

£9.99 at [www.meetthebulldog.com](http://www.meetthebulldog.com)



### BOOTS OIL ABSORBING SHEETS

£1.99 at [www.boots.com](http://www.boots.com)



### AMBRE SOLAIRE SOOTHING AFTERSUN GEL

Quench your thirsty sun-exposed skin with a good cooling aftersun lotion. This Soothing Aftersun Gel from Ambre Solaire uses Aloe Vera to rehydrate the skin – keep in the fridge for extra soothing effects.

£8.50 from [www.feelunique.com](http://www.feelunique.com)



### ULTRASUN FACE 30

£20 at [www.ultrasun.co.uk](http://www.ultrasun.co.uk)



### NIVEA SUN PROTECT LIP CARE

£3.29 at [www.boots.com](http://www.boots.com)

ONE LAST TIP, AND YOU CAN HAVE THIS FOR FREE; KEEP YOURSELF HYDRATED! DRINKING PLENTY OF WATER WILL HAVE THE MOST BENEFICIAL EFFECTS ON YOUR SKIN WHEN EXPOSED TO THE SUN.