

NATURAL HEALTH

ACUPUNCTURE * HERBAL HEALING * MASSAGE * REFLEXOLOGY * FLOWER REMEDIES

HOLISTIC BODY BLITZ

In just **2 weeks** * Drop a dress size naturally
* Get toned with power yoga
* Banish cellulite fast!

CANDIDA • PMS • CHOLESTEROL

Natural Heroes

DIY remedies to fix your common health complaints

248

COMPLEMENTARY THERAPIES TO TRY THIS SUMMER

DO IT NOW! CALM YOUR NERVES WITH VISUALISATION

Nourish your soul

6 self-help techniques to develop your emotional intelligence

Guru wisdom
Organic beauty products we love

Revealed!
The amazing health gadget to banish sleepless nights
see page 40

LYNNE FRANKS
On learning to love yourself
BAREFOOT DOCTOR
On finding the work/life balance
NORMANDIE KEITH
On eating the macrobiotic way



HEAL YOURSELF CAN BIORESONANCE HELP CURE YOUR ADDICTIONS?

The Bronze Age

The sun is out and coats are off but only the careless get carefree with their skin! Sarah Ivory sorts her SPF's from her UVB's to guide sun seekers to a safer tan

Nowadays, any girl worth her weight in bikinis will stand by the trendsetting belief that a tan looks good. In fact, some swear by it so highly that they'd sooner have skin like Peter Stringfellow than join Nicole Kidman on the pale brigade. Still, despite the ultra violet light threatening our skin with sunburn, premature ageing and cancer, some good can come from sitting in the sun. So, with sunshine going in and out of fashion like there's no tomorrow, we sort the facts from the fabrications.

Let the sunshine in!

Before exposure, we got a little sun science from Sally Penford of the Dermal Institute.

How deep do UV rays penetrate your skin?

UVA rays are longest and penetrate deepest into the skin. They are also the main cause for signs of ageing. UVB are shorter and cause the burn or tan effect. Both rays can cause cancer, so wearing a broad spectrum sunscreen (one with UVB and UVA protection) is essential!

How low can you go?

Whether you're fabulously freckled or blessed with a natural bronze, knowing your skin type could be key to avoiding the lobster look. Without protection, people with very fair skin will burn easily due to an inefficient type of melanin (pheomelanin). The remaining skin types have a more efficient type of melanin (eumelanin), but no one is immune from premature ageing. Cancer Research UK recommends wearing a minimum of factor 15 sunscreen, however, some are more likely to develop skin cancer and should take particular care. These people tend to have one or more of the following:

- fair skin that burns easily
- lots of moles or freckles
- a history of sunburn, especially when young
- red or fair hair
- light-coloured eyes
- a personal or family history of skin cancer

Get glowing

You don't need to be sunkissed to be beautiful! Celebrity make-up artist and author of *Magic Make-up Tips and Techniques* (£9.99, Media Circus) Sarah Jagger reveals the tricks of the trade.

If you're pale: Avoid using bronzer on 'English rose' complexions because they look obvious. The best way to give pale skin added radiance is to layer a cream blush over a highlighter. Try patting a pea-sized amount of pearly liquid like Glo Minerals Glo Highlighter, £12, over foundation, across the cheekbones and underneath the brow bone. Follow with Suki Pure Cream Stain in nectar, £21.49, dotted onto the cheeks and blended with fingertips.

If you're mid-toned: Instead of creating a tanned look with bronzing powder, subtly warm the look of fair to medium complexions with a peach blush. Use a large brush to dust Korres Powder Blush in peach, £16.50, across the cheekbones, bridge of the nose and temples.

If you're tanned

Olive complexions look great in shimmering gold tones like Barefaced Beauty Mineral Glow in golden sand, £7.95. After applying all other make-up, dust it across the cheeks with a large brush and use fingertips to pat a little onto the eyelid too.

Beauty and the bronzed

For a tan without the trauma – fake it! Self-tanners contain a chemical called DHA (dihydroxyacetone) that originates from plant sources such as sugar beet or cane and bronzes skin. Ever since it hit the shops, we've looked Mediterranean all year round!

Natural fakers

Fake Bake Self Tanning Gel, £27: When it comes to glowing the fake route, Fake Bake is our streak-free favourite. We've taken things to a darker level with Xtreme bronze.

The Sanctuary Sunshine Spa Lotion, £8: This economical lotion builds to beautiful bronze. Packed with seaweed extract, it's as close to a natural tan as we're going to get.

The Organic Pharmacy Self Tan, £29.31: This natural cream is ideal for a healthy complexion or a subtle glow. Use on your face three times a week for effortless radiance.

Lavera Self-Tanning Lotion, £11.70: Enhanced with moisturising jojoba and aloe vera, this product glides onto skin with ease and leaves an even, subtle tan that we love.

Darphin Skin Bronze Self-tanning Face and Body Cream, £23: For a sheer look, this cream is ideal. It leaves skin illuminated with a natural amber tan that no one will know isn't real!

Green People Oyl Gradual Tan, £11: Green People are sending a great message to youngsters with this progressive tanner from teen range Oyl! It's free from synthetic additives and other nasties.



Fake it!

Avoid turning streaky with celebrity tanning expert Lisa Fulton's tips.

- Pre-application, get some wet wipes – you will need these to hand to quickly remove any unwanted tan!
- Always apply tan to clean, dry skin. Perfume and deodorant can result in your tan becoming uneven. Similarly, don't tan for 24 hours after waxing.
- Apply tan in a circular motion, starting with the feet and working your way up.
- Never apply too much product; less is definitely more in the tanning stakes!
- For more mature skin, when applying tan to the knees, pull the skin taught by bending the knee to ensure an even tan.
- Everyone should apply less tan to the hands, neck and feet as the skin is thinner in these areas. When tanning the hand, hold your fingers in a wide spread claw position to avoid any excess tan developing in the crevasses.



“Self-tanners contain a chemical called DHA that originates from plant sources such as sugar beet”

Win holiday beauty kits!

For a soothing skincare experience this summer, we have 25 sets from Ransom's natural Aloe Vera range to give away! Each set contains an antiseptic gel, moisturising lotion, SPF 25 aloe vera sun lotion, aloe vera after sun and cooling aloe gel, as well as a luxury beach towel, bag and postcards to send home. To enter, write your name and address on a postcard addressed to: Aloe Pura, Natural Health, 25 Phoenix Court, Hawkins Road, Colchester, CO2 8JY. For further info visit aloevera.co.uk





The Pamper Page

We get set for travelling, fix fine lines and learn DIY beauty tricks from new columnist Star Kechara



DIY Beautify

Q I've got fine lines around my eyes but can't splash out on so-called 'miracle creams'. Is there a homemade alternative?

It's important to know the cause – squinting and smoking are major reasons for fine lines – see if these need resolving. This area tends to be dry

so use nutrient-rich oil such as evening primrose dabbed around the eye and always remove eye make-up at night.

For a DIY remedy, organic live yoghurt has an almost miraculous effect on fine lines. Dab very gently around the eye, leave for five minutes then rinse (be careful not to get any in the actual eye) and follow up with the oil.

Skincare expert Star Kechara is author of *The Holistic Beauty Book* (£12.95, Greenbooks). For more info visit beautywithout.co.uk.



Do you have a DIY beauty problem? Email 'Ask Star' to sarah.ivory@aceville.co.uk

The Beauty Store

We dream... of make-up that doesn't leave tell tale stripes. Head to a salon with Mineralogie products and get a

customised foundation to suit your skin.



We desire... a makeover

that's as good as Herb Farmacy's new look! We love the fragrance-free Just Face Cream, £13.50, for its non-irritable finish.



We die... to be young enough to use new teen range OY! The Peel Off Face Mask Kit, £14, is beauty fun!



6 steps to beauty on the go

1. Departure: Don't leave the house without Saaf's Introductory Kit, £19.99, which has eight star products to protect you from the elements.



2. Mid-flight: Ideal for inflight skincare, Dermalogica's skin kit, £19.60, ensures that you stay fresh long haul.



3. Arrival: Freshen up with REN's Mini Set, £15. The body treats leave skin looking delicious come rain or shine!



4. After sun: Sun, sand and sea can leave your body feeling dried out. Put the moisture back with Korres' Travel to Greece Kit, £13.



5. Before bed: To get our beauty sleep, we take Beyond Organic's Travel Set, £22, on hol. The serum is a must for tanned skin.



6. Homeward bound: If your tan fades fast, get Fake Bake's Travel Kit, £22. With the essentials for a natural glow, no one will know that it's not!

