

30 better-body fast fixes

Think you've left it too late? Trust us... With these 30 fast-track tricks, treatments and beauty buys, you're never too tardy to buff, scrub and soak your way to a brighter, softer, fresher-looking body

WORDS AND STYLING ALEXANDRA FRIEND
PHOTOGRAPHS HUGH ARNOLD

Book this For pre-holiday ease, you can't beat a one-shot beauty booking. In London, Beach Babes Hour at Groom, £90, ticks all our pre-bikini boxes – two therapists work on a lash tint, manicure or pedicure and a half-leg and bikini or underarm wax (www.groomlondon.com). Elsewhere in the UK, get on the net and book an at-home session with a multi-skilled mobile therapist; try the Return To Glory Beauty Pick And Mix, £90 (www.returntoglory.co.uk), for two hours of holiday prep.

TRY THIS Three cups of dandelion tea a day will help rid your body of fluid stored around your thighs and tummy, says Kristy Goodger of skincare and body line Elemental Herbology (www.elementalherbology.com). Foods that pack a diuretic punch include parsley, ginger, celery, artichoke, grapefruit, fennel and garlic, while those to avoid include beans and pulses.

Book this We couldn't contemplate a holiday without booking a Calgel Everlasting Gel Pedicure, from £40 (www.calgel.co.uk) – toes stay chip-free, bright and shiny for up to six weeks. Next best thing? Leighton Denny Crystal Finish Top Coat, £10 (www.beautique.com), is tougher than most, for longer-lasting colour.

TRY THIS Clear up blemish-speckled shoulders with healing herbs. 'Lavender is a great antibacterial agent and helps to prevent scarring,' says Geraldine Howard of Aromatherapy Associates. Antiseptic tea tree and sebum-regulating ylang ylang also help to clear bacterial clutter – find tea tree and lavender in Dermalogica Conditioning Body Wash, £27.80 (0800 591818), and Tisserand Aromatherapy Organic Tea Tree Skin Balm, £5.30 (www.tisserand.com), and lavender and ylang ylang in Aromatherapy Associates Balance Body Lotion, £21 (www.aromatherapyassociates.com).

TRY THIS The minerals found in salt and sea help to tighten untuned skin by stimulating your lymphatic system and reducing water retention. Nicky Kinnaid, the founder and creative director of Space NK, recommends a solid week of salt and seaweed baths: try five days of 20-minute soaks in Dead Sea Source De-Tox Seaweed Bath Soak, £5.49 (at Boots), or Space NK Spa Seaweed Bath Crystals, £18, interspersed with two soaks in INA Crystals White Gold Detoxifying Crystal Salt, £45 (both at www.spacenk.co.uk).

Book this Though the tummy-flattening properties of body wraps are short lived, they make a great pre-beach boost. After our Pevonia Botanica Green Coffee Body Wrap, £85 for 90 minutes (www.pevonia.co.uk), we felt sleeker for about a week (even though we knew we'd lost fluid, not fat) and drank far more water than usual to prolong the results – which, in the battle against holiday bloat, is a good habit to get into.

TRY THIS As well as helping you seem way more comfortable in your own skin, good posture encourages blood and lymph flow, which shifts toxins, improves circulation and brightens up dull, congested-looking limbs, says Goodger – so sit upright and stand tall!

TRY THIS Boost circulation and exfoliate naturally by massaging papaya into your body before taking a 20-minute soak in a hot bath, with two cups of dead sea salts thrown in, says Goodger. Try Dead Sea Spa Magik Dead Sea Bath Salts, £5.95 (www.findershealth.com).

3 of the best... papaya body brighteners

Papaya enzymes brighten dull skin by eating away at the dead, dry cells stuck to the surface.

- Dermalogica Exfoliating Body Scrub, £21.20.
- Pevonia Botanica De-Ageing Saltmousse in Papaya-Pineapple, £25 (below right; www.pevonia.co.uk).
- The Body Shop Papaya Puree Body Lotion, £8. →

