

woman & home

AUGUST 2010

Body confidence

Reveal more and love what you see!

BEAUTY TIPS, TRICKS & ADVICE

SUMMER COLLECTION

20 MEALS IN 20 MINUTES
Just delicious!

JAMES MARTIN invites you into his garden

Rediscover the good life
Jam making, sloe gin and fresh lemonade



REAL

TAMZIN OUTHWAITE
"Without love, why would the rest of life matter?"

w&h EXTRA
Looking for a good book? 24 pages of fabulous summer reads

WEEKEND & GETAWAY
FASHION find your Saturday
FAMILY you at work
teens at home
YOU+HIM holiday bliss and bliss

Save Money
FREE Elemis BEAUTY TREATMENT & 50% OFF LATASCO

Relax & enjoy!

STRESS LESS outsmart life's little niggles,
STRETCH YOURSELF SLIM yes!
or simply DRINK TEA the new power food!



Beauty INSIDER

Beauty director Jo Glanville-Blackburn reveals her favourite buys on the beauty counter



Try this...

PureLogical Age-defying Face Mask, £44.99 for 12 applications, a "mix-it-up-fresh" foodie mask that's full of the super antioxidant power of pomegranate enzyme, which also brightens skin by exfoliating. To use, mix the mask activator cream with a capsule of collagen in the blending bowl supplied. Massage in using your fingertips and leave on for 15 minutes, then rinse off. See purelogical.com.

New in my bathroom for keeps...

My new super face duo that helps brighten skin is **Clarins Virtual Light Day Cream**, £56, and **Virtual Light Night Cream**, £59. Combining the best in nature with science, they contain extracts of three "pioneer plants", the kind that thrive and boost the environment, from the ocean floor to the driest desert, and impart this ability to the skin. Exclusively at Selfridges from 12 August for two weeks.



Shiffa, Arabic for "healing", is an exquisite range of aromatic products for the face, body and mind, found in top spas, such as The Peninsula in Beverly Hills. It was created by mother of four Dr Lamees Hamdan, who wanted "multi-faceted products that do what I want them to do". They are 80 per cent organic, with ingredients including anti-inflammatory chamomile, healing neem oil and balancing lavender. From £27.25. Visit shiffa.com.



Get them before they go!

Limited-edition summer scents... Stock up now to avoid falling in love with one, but then not finding it in a few weeks time! **Victor & Rolf Flower Bomb Eau Fraiche Summer**, £54, has a cooling citrus spin. **Stella Sheer Summer**, £36.50, is predicted to be even more popular than the original! **Estée Lauder Pleasures Bloom**, from £32, is very wearable and pretty for warm weather. **Ralph Lauren Summer Romance**, £45, has a refreshing twist of mandarin and passion fruit.

seen it... tried it... loved it...

Hair refreshers that keep your hair looking its best for longer

+ LUXE
Bumble & Bumble Wear & Care Mending Masque, £27. Deeply reconditions hair to feel like new in just ten minutes.



+ LESS
Tresemme Instant Refresh Waterless Foam Shampoo, £4.29. Invaluable, especially for those with frizzy hair or for those who are unable to rinse their hair very easily.



+ ECO
Green People 10 Itch Away Shampoo, £9.95, with tea tree and rosemary. Very refreshing in the heat and helps prevent a dry, flaky scalp, even for those with psoriasis or eczema. w&h

