



Benefit Hoola Lite, £24.50, www.benefitcosmetics.com

BRONZED GODDESS

We were most excited when we heard Benefit's much-loved Hoola bronzer now comes in a slightly lighter shade for an even more subtle sun-kissed glow. This golden honey shade is perfect all year round, not just for summer. Simply dust across your cheek bones for an instant, 'just back from holiday' look.



TAKE CARE OF YOUR HAIR

Phil Benton, owner and stylist at Cambridge's mobile salon, Douce, explains why protecting your hair is just as important as your skin

"In the summer heat, it's important to protect your hair just like you do your skin. Whilst the sun can work wonders on some colours, it can often destroy others."

SUMMER BEAUTY GUIDE

PRIME TIME

Make-up artist at Cambridge's Beauty Bar UK, Kelly Mackay explains why we should all be applying a primer to create a seamless base

"You really won't regret investing in a good primer this summer. They're lightweight and blend effortlessly without leaving your skin feeling as though it's caked in product. They're great for minimising your pores and any unwanted imperfections as well as ensuring your make up stays put. With so many different ones on offer, it's often difficult to know where to start. My personal favourite has to be Laura Mercier's Foundation Primer Radiance. It gives my skin a dewy luminous glow without being too shimmery. What's also great is that a tiny bit goes a long way meaning this will last you a lifetime."

Laura Mercier Foundation Primer Radiance, £20, Space.NK, Cambridge



Beauty Bar UK, Cambridge
www.thebeautybaruk.com

Clinique Anti-Wrinkle Facial Sun Cream SPF 30, £18
Darphin Soleil Plaisir Anti-Aging Facial Suncare SPF30, £29

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Both available from John Lewis, Cambridge



ASK THE EXPERT

Sarah Jordan, director at Finn Jordan in Cambridge, tells us why wearing SPF is so important

"Using an SPF is one of the best ways to prevent skin from prematurely ageing. SPF's reflect the harmful UV rays away and stop them from being absorbed. Be sure to use an SPF that protects against both UVA (the ageing rays) and UVB (the burning rays) to give complete protection. SPF is often found in moisturisers and make-up, which is great, but to be sure you have the best protection. I still recommend using a separate SPF of at least factor 30. It's also a myth that you won't tan with an SPF. The skin's melanin which creates the tan is still stimulated by the sun, but the harmful rays are reflected away. Whilst it's important to protect your skin whilst on holiday and throughout the summer, I highly recommend using an SPF every day, all year round."

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Finn Jordan, 3-4 Sussex Street, Cambridge, CB1 1PA
Tel: 01223 356600

Asides from this, it's important to stop your hair from becoming dry and brittle. Davines have some amazing products for sun protection and I highly recommend their SU hair milk which is a lightweight, leave-on spritz with anti UVA and UVB filters. They also have an after sun which acts much like an after sun for your skin in that it nourishes and hydrates after sun exposure. Another essential for the hot weather is to wear protection such a hat. If they're not your thing, how about a LUSH knot wrap? They can be worn in so many different ways and not only look good – they'll also protect your hair. Another top styling tip for those seeking a slight wave is to use the sea itself. One of my best-selling products is Davines Sea Salt Spray. Simply scrunch in and you're good to go.”

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 Douce | Tel: 07817794737 | www.douce.co.uk



FAKE IT

Some of us sadly aren't blessed with tan-able olive skin so we have to turn to the fake stuff. But who wants to be wearing instant tan or one which is going to fade horribly? Then of course, there's that recognisable fake tan smell! Fear not, NARS have helped us out this summer with a luxurious body tint which contains SPF30 and won't transfer onto your clothes or swimwear. Better still... it's got a divine monoi smell which reminds us of summer!

NARS Laguna Body Tint SPF30, £30, www.narscosmetics.co.uk



From SPF to bronzers, primers, nail colours and haircare, we've rounded up some of our must-have summer beauty buys as well as asking some local experts

HOLIDAY FAVOURITES

We caught up with owners Joanne and Fiona of Idolise Hair & Beauty in Bury St Edmunds to hear about their summer holiday beauty must-haves

“I love to use the Elemis Tan Accelerator whilst I'm away as it's great for optimising your tanning potential. I apply it daily for 1-2 weeks before I go away and I just love it! When it comes to my hair, I always turn to the TIGI Totally Beachin range. The Queen Beach Texture Spray is a salt-infused texture spray which is great for giving those undone beachy waves.” – Joanne Allsebrook
 “For me, CND Shellac is an absolute must-have for both your finger and toenails, not just on holiday but all year round! It's high gloss and offers chip-free wear for up to 2 weeks! I love all of the beautiful summer brights and pastel colours. My favourite at the moment is Shells In The Sand.” – Fiona Maley

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 Idolise Hair & Beauty, 20 Hatter Street, Bury St Edmunds, IP33 1NE
 Tel: 01284 488118



PREPPED TO PERFECTION

Get the perfect summer glow with SK Clinic + Spa's luxury Tropical Saltmousse Glow treatment

This Tropical Saltmousse Glow is a 30-minute treatment which involves water being gradually added to Pevonia's delicious Saltmousse to create an aromatic scrub, which will remove dead skin cells and impurities to rehabilitate your skin, leaving it feeling silky smooth and looking radiant. There are two delicious flavours to choose from; Mango and Passion Fruit or Pineapple and Papaya. At just £35, we're tempted to try both! Prolong your radiant skin at home with Pevonia's award-winning de-ageing Saltmousse – Papaya and Pineapple.

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 SK Clinic + Spa, 4 Northgate Street, Bury St Edmunds, IP33 1HG
 Tel: 01284 748470

