

Fit
STYLE

Tried & tested: GLOW TO GO

**Aurelia Pure Indulgence Collection,
£70, aureliaskincare.com**

Tested by features writer, Jessica Harris "Sweating it out in the gym with the remnants of the day's make-up can wreak havoc with my skin. This introductory set from pro-biotic skincare brand Aurelia is the perfect way to deeply cleanse and hydrate the complexion. The Cell Revitalise Rose Mask is the star of the set as it evens the skin's surface, leaving it with a youthful glow. With seven miniature cleansers, serums and moisturisers, it's perfect to fit into my gym bag."



Beauty BLITZ

Ask the EXPERT



Stay gorgeous this winter with the help of these beauty must-haves

Q Without the summer sun my skin is looking dull. How can I get a healthy glow for the party season?



A Elizabeth Barbalich, skincare expert at Antipodes

(antipodesnature.com) says: Not only will regular exercise will help to improve circulation and give you a glowing complexion, regular exfoliation will clear dead skin away. Eating a balanced diet rich in fruits and vegetables such as carrots, oranges, yellow peppers, spinach and broccoli is vital to boost the skins collagen. Flush out any impurities and keep the skin hydrated from within by drinking plenty of water throughout the day.