



Feel Good Body Oil

Aurelia is fast becoming one of my favourite brands. I've already mentioned how much I love their Miracle Cleanser, but I'm even more passionate about their Firm and Revitalise Dry Body Oil. This oil is moisturising without leaving too much of a residue on the skin but it is its fragrance that I find so irresistible. The combination of lavender, neroli, rose and mandarin creates a scent that is both uplifting and relaxing. It is also very sexy. The scent is in no way overpowering but lingers softly on the skin, gently reminding you that it is there when you are least expecting it. This is an oil to make you feel good whenever you use it.



Beauty Notes



It is vital to remove all traces of make up and dirt from your face before you go to bed. Nicola Bonn lists the best cleansers

At the moment I am obsessed with finding the ultimate cleanser. If you ask me, a good cleanser shouldn't only remove make up and leave your skin soft and happy but also be a pleasure to use.

From balms and creams to foams, there is a cleanser for everyone. My personal favourites belong to the balm family. They make your skin feel super soft and give a really deep clean. My top two are Elemis Pro-Collagen Cleansing Balm £39.50 available at Debenhams, Bournemouth and John Lewis. It smells utterly blissful and no

cleanser has ever made my skin glow so much or removed my make up quite so thoroughly. I am also a massive fan of Emma Hardie's Moringa Balm £36, available at The Arcade, Bournemouth, which contains a long list of super ingredients including rose and jasmine to recondition mature skin, orange and neroli to rejuvenate and maringa seed extract which

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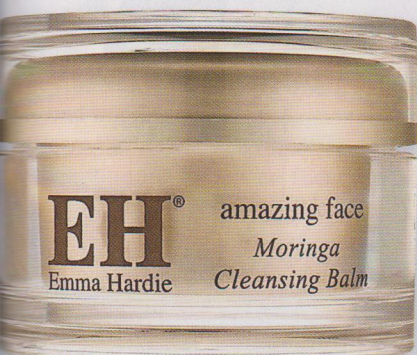
is great for clearing the pores and purifying.

If you like cream cleansers then I recommend Aurelia's Miracle Cleanser £34 from Space NK, Bournemouth. It contains chamomile, rosemary, eucalyptus and bergamot and is very effective at removing make up whilst leaving your skin dewy and soft. I recommend massaging it into the skin and removing with the enclosed bamboo muslin cloth.

Another recent discovery is Freshness of The Morning Orange Blossom Facial Cleanser with ingredients including rosehip and neroli water. It smells divine and is excellent at removing all make up including mascara and leaving your skin hydrated. Again, I recommend using a muslin cloth with this cleanser. It is available at fommcosmetics.co.uk and costs £24 for a massive bottle.

An all time classic is Liz Earle's Cleanse and Polish (£24.75 for 200ml johnlewis.com). Massage it into dry skin and then remove with a hot moist muslin cloth. I always go back to this if I need a break from all the products that I test as it is simple and good at clearing my skin when I have breakouts.

Finally, I would never usually recommend a cleansing wipe but that was until I discovered Mama Mio's Gorgeous Glow Balancing Facial Swipes. These 'swipes' give you a deep cleanse, exfoliate gently with lactic acid, prevent breakouts with tea-tree oil and plump and hydrate the skin with organic evening primrose and avocado oils. The lavender in it is also very relaxing when I use them before bed. ■



You can read more of Nicola Bonn's beauty advice by visiting her blog, which you can find at bonnbeauty.com