

279 SUMMER...

COCKTAILS, WORKOUTS
MEALS & SHENANIGANS!

HOLIDAY STYLE FROM £9



Women's Health

JULY/AUGUST 2014 | £3.80

SEX

THE 8 NEW RULES
JUST DON'T SUE US!

THE 25p PILL
THAT BEATS
WRINKLES P.36

10:26AM
(WHY YOUR JOB
DEPENDS ON IT)

SINK OR SLIM?
A WH EDITOR'S
40LB BATTLE

25

BEAUTY LOOKS
TO HELP
YOU SCORE!

MYLEENE KLASS, 36
Loves pasta, looks like this

Mylene
DROP POUNDS WITH
HER BIKINI PLAN

14-DAY BEACH BODY!

BURN FAT & TONE UP
IN 30 MINS A DAY P.33

THE BURGER
THAT BOOSTS
YOUR HEALTH

THE DARK SIDE
OF JUICING P.21

ABS

THE NEW STOMACH PLAN
EVEN TOP MODELS SWEAR BY

VANITY NATION: BRAZIL'S BODY BEAUTIFUL EXPOSED P.102

SACK THE FACIALIST

Save time, pounds and hours of painful chitchat with our home facial edit

Words ANITA BHAGWANDAS

THE BUFFER

OILY SKIN



Firstly, rub a **Pure Konjac** Sponge With French Pink Clay (£7.99) over your face to de-gunk sebum-congested areas – around nostrils and between brows – for brighter skin.

THE MASK



Now, try a clay mask to draw out impurities. **Murad Blackhead and Pore Clearing Duo** (£50) contains mineral-rich volcanic clay for an extra-purifying nutrient hit.

THE FINISHER



Third step: oily skin has a higher risk of developing acne, so zap zits with salicylic acid-based **Estée Lauder Clear Difference Targeted Blemish Treatment** (£25). Pow.

SECRET WEAPON



Finally, use oil-control creams only on congested areas, or your skin may produce more oil. **SK-II Cellumination Cream EX** (£115) reduces acne scars and can be used all over.

COMBINATION SKIN



First step: use enzyme-powered **Indeed Labs Facial Powdered Exfoliator** (£18.99) with **Foreo Luna T-Sonic Facial-Cleansing Brush** (£99) for a deep yet gentle scrub.



Then look for dual-action products with ingredients such as antioxidant-rich kaolin clay and rehydrating oils. **Trilogy Mineral Radiance Mask** (£19.50) ticks both boxes.

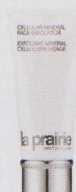


Now it's time to close bacteria-harboured pores with **Neal's Yard Remedies Rehydrating Rose Toner** (£15). Its damask rose is like a calming yoga session for stressed skin.



Last job: rub your knuckles across your cheek. If they make a dry, raspy noise, use **Chanel Le Lift Crème Fine** (£89). It's light, yet hydrating to rebalance your skin.

DRY SKIN



Right, try a deep exfoliator for a superficial abrasion to the skin, clearing dead skin cells. **La Prairie Essential Exfoliator** (£52) has ground gemstones for the ultimate deep clean.



Next, use an exfoliating mask that removes skin-dulling dead cells with lactic acid. **Dr. Sebagh Deep Exfoliating Mask** (£59) also promotes cell renewal. Hi, youth boost.



Now get your dose of stem-cell based moisturising and renewing ingredients to nourish dry skin. **Chantecaille La Crème À La Rose De Mai** (£175) does the job.



One more thing: always apply moisturiser within five minutes of exfoliating, then massage skin with a **Ying Yu Rose Quartz Facial Roller** (£43) to flush out wrinkle-forming toxins.

SENSITIVE SKIN



Job one: put a dot of **Mac Volcanic Ash Exfoliator** (£22) on congested areas, then dilute it with water for the rest of your face – it's far kinder to your easily irritated skin.



Job two: use a plant-based mask such as **Aveda Outer Peace Cooling Masque** (£19). Calming saw palmetto and botanicals soothe flare-ups. Press it on gently.



Three: peptides build up your skin's protective barrier. **Aurelia Cell Revitalise Day Moisturiser** (£42) also uses baobab and hibiscus to ease any stress reactions. Chill.



Last one: after moisturiser, use a facial spritz to fight air-con and pollution. **Jane Iredale Pommist Hydration Spray** (£19.95) refreshes with white tea extract. Tea's up. **WH**