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## INSPIRATION *for an* INDIAN SUMMER

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# Smooth OPERATORS

Packed with the powerful properties of nuts, herbs, fruit and vegetables, the latest nourishing oils are exactly what your skin and hair need at this time of year

WORDS BY KATE LANGRISH

## FOR YOUR BODY

They may well look like they're more suited to drizzling over salad than rubbing onto your face and body, but all-natural oils are beneficial in many ways. Massage them in to revitalise skin left parched by a summer of sunshine. Rub in Clarins Tonic Body Treatment Oil (£39, [clarins.co.uk](http://clarins.co.uk)) after a shower to help maintain elasticity or target dry areas, such as elbows, knees and shins, with The Body Shop Coconut Beautifying Oil (£9, [thebodyshop.co.uk](http://thebodyshop.co.uk)).

Aurelia Firm & Revitalise Dry Body Oil (£48, [aurelia.skincare.com](http://aurelia.skincare.com)) contains borage seed and macadamia oil to help firm - try adding a few drops to your regular body lotion to supercharge its effect.

Oils are also a subtle way of using scent - and often more long-lasting than eau de toilette. "Our bath range uses hydrating

avocado and jojoba, and our dry body ones have olive, kukui and macadamia," says Celine Roux from Jo Malone. "With bath oil, the fragrance diffuses into the air and water for an enveloping effect, whereas dry oils are absorbed more deeply into your skin." Try Jo Malone Red Roses Bath Oil (£38, [jomalone.co.uk](http://jomalone.co.uk)) or the new Oud & Bergamot Dry Body Oil (£48, [jomalone.com](http://jomalone.com)). ➔

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