

BEAUTY

POLISH UP

Clever cleansing to give your skin some glow

Edited by Rebecca Newman

e are firm advocates of using a face wash with a hot cloth or flannel for effective everyday cleansing, but sometimes you need a little more, particularly if you've slept in your make-up.



Radiance Skin Exfoliator From M&S' all-natural Pure range, this is great value for a simple

exfoliator. Gently work around oily and congested areas two or three times a week. £6, at marksandspencer.com



Avène

Cleanance K

Gel-crème Cream-gel



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AVÈNE

Cleanance Cream-gel

If you are blighted with blackheads and sensitive skin, this is a wonderfully soothing choice. Microcapsules absorb excess oil while salicylic acid removes dirt from the pores. £10.50, at boots.com



SANCTUARY SPA

Leave-on Exfoliating Cream

The skincare at Sanctuary gets better and better. Layer this cream under your usual moisturiser and its fruit acids will encourage a faster turnover of skin cells, smoothing fine lines and wrinkles. Ideal for delicate skin. £14, at boots.com

OMOROVICZA Refining Facial

Polisher A remarkable new product from this Hungarian brand (see previous page): imagine a mud mask with the potency of a peel, which takes two minutes to work.

£65 (omorovicza.co.uk)

AURELIA

Refine & Polish This fragrant balm contains fine rice bran particles to rub off dead skin cells, as well as Aurelia's potent signature blend of probiotics and peptides to strengthen and protect the skin. £57 (aurelia skincare.com)

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AURELIA PROBIOTIC SKINCARE

TRIED AND TESTED

GUILD LONDON CHELSEA Cut and blow-dry with an

Expert Designer 261 King's Road, SW3 £70 (020 7352 9002; guildhairdressing. com)

The Duchess of Cambridge didn't need to take a tiara with her on the recent royal tour: her crowning glory was, as always, her luscious locks. Thanks to the 'Kate effect', expensive-looking hair is the new must-have. But while Kate goes to VIP favourite Rossano Ferretti in Fitzrovia (where an 'invisible' cut can cost up to £5,000), the rest of us need to find a more affordable way to achieve rich-girl hair. Surprisingly, the answer lies in Chelsea.

Guild Hairdressing, a monochrome, minimalist salon on King's Road, opened last November. When I asked Expert Designer Miro for the Kate

Middleton look, and he flung his hands in the air and squealed 'Princess hair!', I got the impression that he gets similar requests on a daily basis - and loves it. Sitting me down in a futuristic pod-like chair, Miro got to work with a quick trim followed by a bouncy blow-dry using Shu Uemura styling

He flung his hands in the air and squealed 'Princess hair!' products. As he tugged and curled, he instructed me that a good blow-dry is 50 per cent skill and 50 per cent good products - top of his list is a ceramic brush by Corioliss.

Miro assured me that, as indulgent as it felt, the blow-dry would last two days (which it did, even after a run)

and equipped me with tips to try to recreate the look at home. When I asked him whether

I looked like a princess, he beamed 'Better!' and off I bounced, ready to take on SW3 with my new glossy crown.