

# NATURAL HEALTH

BODY | BEAUTY | DIET | YOGA | THERAPIES | REMEDIES

## YOUR SUMMER BODY PLAN starts here!

Lose weight, naturally

*Quick diet game changers inside*

- **CLEAN-FOOD RECIPES TO MAKE TONIGHT**
- **QUITTING SUGAR:** Does it really work?
- **WHY YOU SHOULD BE DRINKING MATCHA TEA**

*Beat your anxiety addiction*

**WIN!**  
A LUXURY RURAL RETREAT

**HOW TO SAVE YOUR 40+ BRAIN**

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# 21 NATURAL ANTI-AGERS

**+** Beauty guru Jo Fairley's holiday skin must-buys

**EXPERT ADVICE:** NATASHA CORRETT, BAREFOOT DOCTOR, JO WOOD, LYNNE FRANKS, IAN MARBER, JANEY LEE GRACE, JANE ALEXANDER





## Q How can I get that dewy glow people keep talking about?



**Claire Vero, founder of Aurelia skincare (aureliaskincare.com) says:** It's the most sought-after look in beauty but there's more to glowing skin than meets the eye. Although filling your diet with lots of fresh fruit, vegetables and healthy fats is paramount to achieving dewy skin from within, what you put on your face is equally as important.

Starting with the first step in your regime, cleansing properly can drastically improve skin tone, texture and radiance. Many people focus their attention on serums and moisturisers but if the skin isn't effectively cleansed, those products won't be working as well as they could be to achieve a gorgeous glow. After cleansing, skin should feel balanced, clean, hydrated and definitely not tight, dry or greasy. Steer clear of foaming sulphates or mineral oil and opt for a cream cleanser with a 'free from' ingredients policy. Cream cleansers like the Miracle Cleanser from Aurelia Probiotic Skincare work for all skin types to remove daily impurities and all traces of make-up. The Miracle Cleanser is rich in vitamin E, omegas 3, 6 and 9, essential fatty acids and balancing probiotics.

Removing your cleanser with a soft cloth or face muslin ensures you are gently exfoliating away dead cells – another vital element for radiant skin. By sloughing away a dull surface we enable that beautiful sheen, which is due to the light reflecting off the skin rather than being absorbed by it. The best way to achieve this is to create an even tone by massaging a gentle exfoliator into the surface of the face to stimulate blood flow and lymphatic drainage.

Becoming familiar with pressure points in the face is vital for efficient blood flow and makes a world of difference to how you look. Focus on the jaw line, under the cheekbones and across the forehead for maximum results, concentrating on movements from the middle of the face towards your ears.

Finally, investing in a good night cream or oil will significantly improve your visage as the ingredients will aid the repair and renewal of new skin cells – all while you're asleep!

### 3 steps to get the glow

1



**MIRACLE CLEANSER, £34**  
**AURELIASKINCARE.COM**

2



**CAUDALIE POLYPHENOL C15 OVERNIGHT DETOX OIL, £29**  
**NATURISIMO.CO**

**ANTIPODES WORSHIP SUPERFRUIT ANTIOXIDANT SERUM, £34**  
**SELFRIDGES.COM**

