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JANUARY 2016

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Every little HELPS

Estelle Lee starts 2016 with a beauty boost – inside and out

Beauty isn't skin deep. As we all know good food, good sleep and a dollop of exercise can work wonders when it comes to adding a healthy glow to pale winter cheeks. December tends to take its toll on us all, if not with non-stop parties, then the Christmas merry-go-round of rich food and drink, late nights, central heating and not forgetting the seasonal strains of coughs and colds just as the kids break up from school.

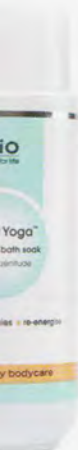
January comes and with it new resolve for a healthier self. So how can you quickly pep up your beauty routine after the busiest time of the maternal calendar? It's very simple: you need help. For a more or less instant boost to December's diet of cocktail sausages and Kettle Chips, look

no further than the instant cure of the aptly named **Drip & Chill** vitamin infusions available at EF Medispa (efmedispa.com). That's right, health benefits delivered straight to your veins for an instant hit of bespoke wellbeing.

But who is ahead of the curve when it comes to the more traditional remedies? The aromatic cult product **Aurelia Miracle Cleanser** intelligently fuses probiotics with bio-organic plant essences to hydrate dull skin. It also smells amazing. Cheat sleep with the **This Works**

Light Time Skin Plumper, whose clever micro-sized hyaluronic filling spheres plump out skin and smooth creases, and soothe your soul with **Mio Liquid Yoga**, which smells just as you might imagine – bottled serenity. Just don't forget to lock the bathroom door.

'Drip & Chill infusions – health benefits delivered straight to your veins for a hit of bespoke wellbeing'



Yoga, £26, mioskincare.co.uk, Aurelia Probiotic Skincare cleanser, £34, aureliaskincare.com, This Works Light Time Plumper, £29, thisworks.com