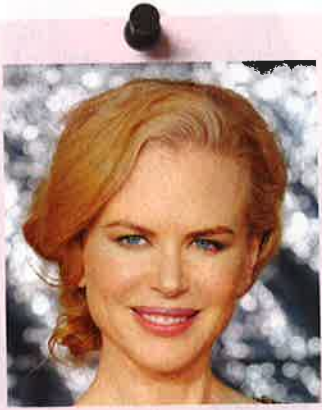


# Tips for a more BEAUTIFUL BODY

Glow with good health like Gwyneth Paltrow this summer with these simple tips



**Starry night out!**  
Want to pamper yourself for a night out? Take your cue from Nicole Kidman. 'She has everything - a facial, eyelash tint, massage and fake tan - to prepare her for a special event.' Jeannie Bourke says of her star client. A massage is a top idea as it boosts circulation, leaving skin looking dewy and radiant.

**W**hile it takes a bit of effort, there are ways to make your body look the best it can be. Here are some tricks to make your body glow with good health.

## 1 ALL-OVER EXFOLIATION

'As soon as your skin is dehydrated it looks lined, crepey and old,' says Jeannie Bourke from Sydney's Venustus beauty salon. She recommends using a body scrub twice a week to get rid of dead skin that can leave your skin looking dull. 'Go for oil-based scrubs as they are less drying,' she says.

## 2 HYDRATION IS KEY

Moisturising your body every day is probably the best thing you can do for your skin as hydrated skin is plump and smooth, making it look healthier. 'Creams and lotions packed with oils and vitamins will penetrate deeper into the skin and leave it looking radiant,' Jeannie explains. Don't forget elbows and knees - dry skin can really show up in these areas.

## 3 FAKE TAN - WORTH THE EFFORT!

Give your skin an instant glow with fake tan, but avoid going too dark as it can be ageing. 'Fake tan evens out the skin tone and disguises blemishes at the same time,' Jeannie says. Cream and mousse formulas are less drying and make for easier blending. If you're nervous about an instant tan, adopt a gradual tanner into your hydrating routine. Mix it with your favourite moisturiser to dilute the strength (and avoid obvious marks if you're not very careful!). **NI**

- 1 Palmer's Cocoa Butter Formula Deep Radiance Gel Oil, \$10.60.
- 2 Vaseline Cocoa Butter Smoothing Body Butter, \$10.99.
- 3 Nivea Firming Body Lotion Q10 Plus, \$6.50.
- 4 Dove Summer Glow Beauty Body Lotion, \$6.99.
- 5 Premium Spa Frangipani & Coconut Sugar Body Scrub, \$14.95.
- 6 The Body Shop Cactus Brush, \$22.95.



## HOW TO: REDUCE CELLULITE



**STEP 1** Start by dry body brushing problem areas, working from your feet, up your legs and toward the heart in deep, long strokes.

**STEP 2** Take the shower nozzle and work a jet of water over the skin in a circular motion, alternating from warm to cold water.

**STEP 3** Firmly massage creams into affected areas by squeezing and rolling skin between thumbs and fingers.

