



Beat the bites! 'Tea tree is a marvellous natural antiseptic and can be applied directly to bites, stings or blemishes to help heal the skin.'
Jennie Harding, Tisserand's product technical adviser

AT THE BEACH...

Don't leave your hotel room without sunscreen. Even if space is tight, pack an SPF stick to protect the exposed nose, cheek and eye areas.

1 La Roche-Posay Anthelios SPF50+ Sensitive Areas Stick (£10.50, www.laroche-posay.co.uk) will fit in your day bag easily.

Sensitive skin can suffer in the sun, as heavy sunscreens can clog and cause prickly heat. Try new **2 Neal's Yard Remedies Wild Rose Daily Moisture SPF30** (£23.50, www.nealsyardremedies.com) for its soft, velvety finish and unique mattifying effect.



Expert tip:
 'Quick bursts in the sun will give you the same wave of happiness as prolonged sunbathing but with less skin damage.'

Dr Christine Bundy, psychologist at Simple



IN YOUR HOTEL...

After a day in the sun, cool down with the soothing new **1 Lavera Sun Sensitiv After Sun Gel** (£6.90, www.lavera.co.uk). Or spritz rose water over yourself regularly – it's a saviour for quenching dry, thirsty skin.

2 Essential Care Organic Rose Petal Tonic (£16, www.essential-care.co.uk) is one of the best.

If you're worried about the ageing effects of the sun's rays, bathing your skin in antioxidants will minimise UV damage. Choose a vitamin-rich facial oil, or bring out the big guns with **3 Medik8 C-Tetra** (£34, www.medik8.co.uk) – a professional-strength dose of a vitamin C serum.

Expert tip:

'Protect your skin with an antioxidant and sunscreen, before and after sun exposure, to neutralise free-radical damage. A product containing aloe can help reduce inflammation and cool the skin.'

Dr Patrick Bowler, Medical Director at Court House Clinics



Expert tip:

'By accentuating one area – either lips, eyes or cheeks – you'll get maximum impact for minimum effort. Go for a bright, moisture-rich raspberry or watermelon.'

Kay Montano, creative director of myface cosmetics

BEFORE THE BAR...

Cocktail hour glamour is all about enhancing your newly bronzed complexion. It's time to get bold!

If you're colour-shy at home, holidays are a perfect opportunity to experiment. **1 Revlon Just Bitten Lipstain & Balm** (£7.99, www.boots.com) makes that easy, with its retractable lip balm

and punchy choice of colours.

Heavy foundations slide in the heat, so wear tinted moisturiser instead (without skipping your usual moisturiser underneath!). Try **2 No7 Triple Protection Tinted Moisturiser SPF15** (£12, www.boots.com) or dab **3 Becca Stick Foundation SPF30** (£35, www.beccacosmetics.com) wherever it's needed for light coverage that you can build upon.

PAMPER AND GO!

Make an on-the-spot spa the first stop on your trip:

- **Cowshed** at Virgin Atlantic Clubhouse, Heathrow and Gatwick, www.cowshedonline.com
- **No1 Traveller Spa**, Gatwick North Terminal, www.no1traveller.com
- **Be Relax**, Manchester Airport Terminal 1, www.manchesterairport.co.uk
- **St Pancras Spa** at St Pancras Renaissance Hotel, London, www.stpancrasspa.co.uk

