

**Red**

HOW TO LOOK BETTER IN 10 YEARS' TIME

WOULD YOU?  
'I took a six month sabbatical from my life'

HEALTHY & YUMMY  
Salads reinvented

*Kate Hudson*  
'I'm an old-fashioned family girl at heart'

16-PAGE BEACH BODY SPECIAL

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£39.00, REN Rose 012 Ultra-Moisture Serum, £42.00, and SkinCeuticals Phloretin CF, £142.50.

**NAILS: BARE OR BRIGHT?**  
The only 'toxic' that hides sun-weathering? To go for a bright polish or bare, buffed nails on holiday. 'I love how nails get really clean and white when you're at the beach. They seem to grow better, too,' says Red's beauty editor-at-large, Krista Green, on the pros of opting for bare. 'It's true, the sun helps nails grow faster by helping our bodies produce vitamin D - vital for healthy growth,' adds manicurist Jenny Longworth, CK spa-esthetics for Beeton. Bare nails for a nude polish, like Estée's Mademoiselle, £9.00 (€) last longer in the heat, too. 'Walking barefoot on a sandy beach is a great exfoliating treatment but that, and the chemicals in some insect repellents, can break down your polish,' explains Longworth. 'Nude polish makes chipping less noticeable.' Minimal might be lower maintenance, but this summer's 1970s-inspired colors were made for a tan. 'Oréal's Sensual Coral Nail Polish, £6.12, looks lush on tanned toes, as does my own jaffa orange shade, Sienna, £5.10,' says nail expert Andrea Fulerton, who recommends taking a timeout and cuticle oil with you to help your polish go the distance. Other shades we love? Revlon Nail Polish in Make Mine Mango, £6.49, and Illamasqua Nail Varnish in Gamma, £13.50 (€) - a fantastic neon orange. Or try on Jessica's excellent GELation manicure, from £8, which comes in a huge range of colors and, because the varnish is gently bonded to your nail plate, can last for up to two weeks without chipping or flaking. Genius.

**HEAT-PROOF PRETTY**  
'Summer is when your skin really does look good enough to go bare,' says Gucci Westman. 'Too much make-up looks tacky in the sunshine.' Light layers of sheer make-up help enhance summer's

most fought-after products were Clinis Sun Wundable Control Cream Face SPF50, £17.00, Lancôme Génifique Soleil SPF10 Face Cream, £23.00, and Biotherm Lait Solaire SPF30, £16.00. Applying these ultra-moisturising sun lotions ensured our skin stayed hydrated, smooth and protected. Another complexion-saving trick is to double up on free-radical protection to prevent damage caused by the oxidative effects of UVA exposure - a key cause of premature wrinkles. 'Layering an antioxidant serum under sunscreen helps the repair process while defending skin against damage at the same time,' advises Nichola Joss. Our current favourites are lightweight enough not to cause breakouts in the heat, yet still pack a potent anti-aging punch. Try Estée Lauder Advanced Night Repair, from

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