

Top tips on how to save £150 and get yourself the perfect beach body!

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It's that time of year again... Looming holidays and bikini exposure are striking fear in the hearts of females nationwide. According to new research, body paranoia launches us into a frenzied beauty treatment splurge, with more than half of us spending £150 or more before we jet off in order to feel confident on the beach. Surely that money could be spent more wisely, just think of all the poolside cocktails!



That's not to say beauty treatments should be abandoned, the pressure to look good on hols is huge. However, you certainly don't need to spend that much to achieve your dream buffed and glowing beach look. Luckily for you beauty expert **Tricia Welch** has constructed an amazing list of DIY beauty secrets that will have you jumping happily into that summer bikini!

Tricia Welch's tips for holiday beauty

Pre-holiday beauty

- Smooth skin is a beach body must so treat yourself to in **shower** body scrubs twice a week in the pre-holiday run-up. Use an oil based salt or sugar scrub to nourish skin as you buff for professional results for a fraction of the salon price. Make your own by mixing a cup of vegetable oil and a cup of sea salt with 10-15 drops of zesty essential oil like lemon, grapefruit or ginger.
- Tackle cellulite on legs, thighs and bottom with a body brushing blitz to stimulate the circulation helping to eliminate toxins through the skin and break up fatty deposits. Use a body brush on dry skin, brushing with a firm hand upwards from the feet with long, gentle strokes.
- Remove body hair 48 hours before you go to give fuzz-free skin time to calm down. Minimise mess by using your shower or bath – perfect for shaving, waxing or cream or lotion depilation – just rinse down the plughole when you're done!
- Apply a light self-tan the night before you fly and shower off in the morning, or if you're using a gradual tanner, use daily in the week's run-up to your holiday. Always exfoliate and moisturise first, to ensure a streak free finish. This will give you a sun kissed look from day one – as your natural tan builds up gradually, your 'fake' tan will slowly fade. Remember to moisturise every day to prevent patchiness.
- You don't need to spend a fortune to flaunt fabulous feet. A teaspoon of vegetable oil rubbed into shins and ankles ensures they'll look super sleek. A mix of coarse sea salt and veg or olive oil makes a great DIY foot scrub too.

Whilst on holiday

- Travel size products can be costly – instead decant your favourite products into inexpensive plastic refillable containers.
- Pack multi-tasking makeup products: Use rosy lipstick or dewy gloss on cheeks; a dark eye shadow pencil on brows, bronzing powder for eye definition and to enhance your décolleté. Home dye lashes and brows before you go reduce your holiday makeup musts and to avoid panda eyes when emerging from the pool or sea.
- Always use a high factor sunscreen with balanced UVA and UVB protection, this ensures a 'safer' tan which lasts longer. Burn first and you'll peel fast. Supermarket and chemist own-brands often offer a better balanced, broad spectrum protection, excellent value for money compared to designer brands.
- Avoid chlorine damage with a liberal coating of leave-in conditioner, then plait or tie it up before you head for the pool. For short hair, apply a non-water soluble hair wax – both will act as a protective barrier. Use a gentle daily shampoo and rinse hair well in the shower after your dip. Protect colour treated/highlighted hair from fade and damage with products containing sunscreens.
- It might be old fashioned, but calamine lotion is still one of the best and cheapest remedies for calming sunburn. Well diluted lavender oil can also be applied directly to sun reddened skin as a soother.

Post-holiday

- To prolong your tan take quick **showers**, rather than longer baths which will dry out the skin, sapping essential oils as you soak. Avoid using harsh exfoliators once you're tanned (naturally or fake, the trick to maintaining your tan is to slather on rich body moisturiser every day, to prevent peeling and rough, dry patches appearing.
- Skin looking dull and lifeless due to late nights, partying and a long flight home? Give yourself an inner cleanse – cut out the caffeine, red meat and alcohol for a few days as soon as you return.

Sounds simple enough! So go forth and scrub, shave and smooth yourself to perfection, all from the comfort of your own home.

And enjoy those cocktails...

Happy holidays!

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