

Weekly

Scrub

A weekly scrub up for face and body can totally transform skin from dull and dreary to radiant and healthy. For your body, Cake Citrus Squeeze Brown Sugar Body Scrub, £18, really tackles stubborn dry skin in the shower, while for your face, Think Happy Organic Surge Let's Face It Stimulating Face Exfoliant, £5.99, is a gentle, smoothing cream.



DIY facial

Treat skin to a mini facial once a week starting with a deep cleanse and exfoliation, then follow with a moisturising mask. Try Bliss Triple Oxygen Instant Energizing Mask, £38, for a renewed complexion.

Nail fix

By the end of the week hands and nails can start looking a little unkempt. Give them a quick scrub then file your nails so there's no snags and give them a top up of colour and a topcoat, such as Zoya Armor, £7.70. The Champneys Manicure Essentials kit, £10, has everything you need for essential quick fixes.



Fortnightly

Manicure

People always notice your hands, so in order to make an impression keep them neat with a fortnightly manicure. Try the Nails Inc Special Manicure, £25, available nationwide.



Monthly

Pedicure

Painting toe nails is one thing but the complete overhaul you get from a professional pedi is impossible to achieve at home. Try the Creative Nail Design Marine Spa Pedicure, from £25, and then you can leave your feet alone for another four weeks.

Facial

In the same way that you can't achieve perfectly polished feet by yourself, it's impossible to get that deep clean you get at the salon. A monthly facial will make the cleansing you do the rest of the time much easier. Dove Spa offers a double cleanse, exfoliation and steam extraction in their Treasure Facial, from £45.

Massage

It may seem a little indulgent but a monthly massage will loosen tense muscles, helping you to stand up straighter, feel more relaxed and look less stressed. The Elemis Well-Being Back Massage eases away the month's worries for £45.

Wax

You may have to grow hair a little but you only have to do it once and your hair removal is over for a whole month. Try Elegant Touch Wax Away Ginkgo Biloba Waxing Strips, £3.65, for super-smooth limbs (and other parts if you're brave enough).

