

# Get Beach fit

4-page special

## You can be beach perfect

The sun is shining and it's hotting up – time to lose the layers. The thought of unveiling a pasty white body that's not as buff as it should be may be terrifying you, but don't panic – our four-page special will soon get you in shape for the hot weather. Follow our beauty tips to get flawless skin and then turn over for our new cellulite-cleansing diet and exercise plan.



PHOTOGRAPHS BY ANDY MCCARTNEY/TOM LANGFORD. MASTERFILE/JUMPFOTO, PACIFIC CONST NEWS

### 1. Fuzz off

Shaving is the fastest way to remove hair but results will last longer if you use a skin-prepping product, such as Johnson & Johnson's Shower & Shave, £3.29. It'll keep your skin supple so regrowth feels less spiky. Waxing guarantees a hair-free bod for around six weeks. Try Lycon Precision Waxing, from £35 for a full leg wax, which works at a low temperature with soft wax to cut down the "ouch" factor. Or wax at home – new products grab on to your hair, not your skin, so results are better. Try Wax Away Warm Wax With Green Tea, £6.49.



#### MOT TIP

Buffing your skin with a scrub twice a week speeds up cell turnover and reduces the risk of ingrown hairs. Try TIGI Body By Bed Head Oatmeal Cookie Sugar Scrub, £12.50.

# Dare to

### 3. Get glowing

Get natural-looking sun-kissed skin with treatments that build up colour over a few days. Start in the shower with St Ives' Healthy Brilliance Brighten & Glow In-Shower Exfoliating Body Polish, £5.99, to whisk off dry skin. Next, for a gentle glow, apply a gradual tanner like St Tropez Everyday, £12.95, or L'Oréal's Glam Bronze Spray Foundation For Legs, £11.99.

#### MOT TIP

Boost pale faces with sheer-looking bronze colour. Try the new No7 Sunkissed Mousse Bronzer, £11, a creamy mousse with a touch of shimmer.



STOCKISTS ● Body Boutique [www.bodyboutique.info](http://www.bodyboutique.info) ● Fake Bake [www.fakebake.co.uk](http://www.fakebake.co.uk) ● Lycon Precision Waxing 0870 787 4944 ● Mactiv [www.m-activ.com](http://www.m-activ.com) ● L'Occitane 020 7907 0301 ● Phytomer [www.thebeautyroom.co.uk](http://www.thebeautyroom.co.uk) ● The Sanctuary available at Boots ● St Tropez 0115 983 6363 ● TIGI [www.tigi.co.uk](http://www.tigi.co.uk) ● Wax Away 020 8573 9907

SPRING BEAUTY FLASH! Marks & Spencer Hair Removal Mitts, £3, are fab on small patches of hair between waxing treatments ● Drain away fluid