



Beautify Your Body

Summer brings a slew of aggravations – nurture yourself with the advice and hand-picked products presented here:

Q

“Help! I’ve been getting more ingrown hairs than usual. How do I prevent this?”

We tend to shave or wax more often during summer, which leads to a greater chance of ingrown hairs.

The solution

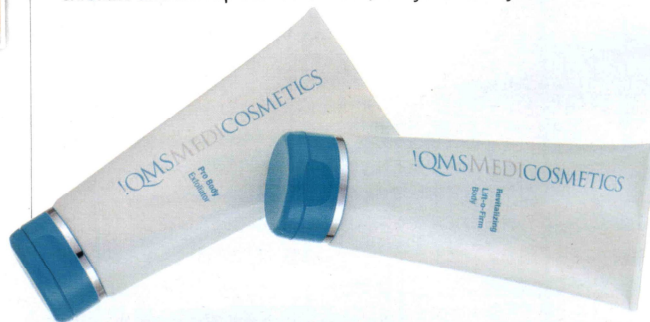
Apply a topical treatment, like **FINO Soothe for Women** (R65) to the affected area – it’ll help clear it up in no time.

TOP TIP: To prevent ingrown hairs, shave with the grain of hair growth, not against. Exfoliating before hair removal also goes a long way towards preventing this problem.

Good to Know ...

Use these religiously throughout winter, and you’ll thank us next summer:

Bio-Oil (R110 for 200 ml): Its vitamin E adds much-needed moisture and treats scarring. **BodyShop Cactus Long Handled Bath Brush** (R145): To treat itchy or flaky skin, exfoliate by dry-brushing your body. **QMS! MediCosmetics Body Performance Duo** (R1,700): These products work to exfoliate and firm up stubborn areas, like your tummy.



If you buy just one product ...

... make it **Eucerin Complete Repair Intensive Lotion with 10% Urea** (R140). The urea assists in breaking down filaggrin (the protein that forms in dry skin and creates stubborn rough patches, like those on heels).

3 SIMPLE STEPS ... to well-nourished skin

1

SWITCH YOUR SOAP, which can be incredibly drying, for a creamy body cleanser that doesn’t contain soap, like **Nivea Pearl & Beauty Shower Crème Oil** (R26).

2

USE SHAVING GEL or cream to ensure your legs stay silky soft and well moisturised. Try **Gillette Satin Care Lavender Kiss Shave Gel** (R56).

3

KEEP YOUR BODY LOTION in the shower to remind you to moisturise when your skin is damp. To guard against bacteria, use lotions with flip-top lids, like **Vaseline Intensive Rescue Moisture Locking Lotion** (R35 for 400 ml).

LEGGY LUSTRE

Use these six tips to pamper your pins to make them stand out this summer and beyond

By JANI COETZER

1 STEAMED UP

Shave your legs toward the end of your shower. Steam softens the hair so removing it will be much easier. Use an after-shave balm to avoid red bumps.

Fino Soothe Woman After Care Balm **R65**, Dis-Chem



Schick Xtreme 3 Hawaiian Tropic **R32,95**



2 BATTLE SCARS

Use a cream or gel instead of soap and a good razor to avoid nicks. Scarring is often a problem on legs as blood circulation is generally slower there.



Oh So Heavenly Close Shave 2 in 1 Shower & Shave Crème **R17,49** for 200 ml, Clicks

Tennis player Maria Sharapova's toned legs have a golden glow.

3 SMOOTH OPERATOR

Exfoliate two to three times a week to remove dead skin cells and keep your legs smooth. Use a brisk, circular motion.



Sorbet Smoothing & Energising Body Scrub **R36,99** for 200 ml, Clicks



Caribbean Body Exfolia Pre Tan **R44,95** for 500 ml

4 WHAT A SOFTY

Apply moisturiser to legs after showering because skin absorbs more when it's wet.

Mineral Line from the Dead Sea Body Butter **R99,95** for 250 ml, Dis-Chem



Johnson's African Nuture Body Cream Revitalising Cape Geranium & Buchu **R18,95** for 300 ml

5 BE FIRM

If your legs look a little saggy because of collagen loss, tighten up with firming lotion.

Clarins Extra-Firming Body Lotion **R550** for 200 ml



Palmer's Firming Butter **R55** for 250 ml, Dis-Chem

6 GOLDEN GIRL

Don't overexpose yourself to the sun; get a light summer tan with the right products.

Xen-Tan Perfect Blend **R360**, selected salons



Physicians Formula Bronze Booster Glow-Boosting Sun Stones **R180**, selected Dis-Chem stores



Actress Thandie Newton shows off moisturised legs.

