

Red

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SUMMER SKIN SPECIAL

101 NEW PRODUCTS & TIPS FOR A TOP-TO-TOE GLOW

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time to have a baby?

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The most honest
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your life back



Teri Hatcher

'Falling in love is my
greatest challenge'

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wardrobe

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which 'eat up' dead cells when dissolved in bath water, exfoliating the skin with no aggravation. Follow with a simple moisturising prep for sensitive skin (try Aveeno, £45 or Eucerin). If you want something more luxe, avoid highly fragranced lotions as they could cause further flare-ups, and go for a natural-based moisturiser containing rose oil. Safe smoothers include Dr Hauschka Rose Body Moisturiser, £18, and Weleda Wild Rose Body Lotion, £8.50 – both give thirsty skin an effective drink. And we love REN Damask Rose Ramnose Body Cream, £28.50, a fantastically rich night-time option.

8 Stop scaly shins

Scaly shins aren't just ugly, they're unnecessary. For sheeny limbs, the right scrub and softener are all that's needed. Body brushing keeps Sahara-like patches at bay, but if scales are the problem, try Clinique Sparkle Skin Body Exfoliator, £16.50. Its thick, grainy formula will whisk away leg dandruff in seconds (it makes skin feel minty-cool, too). By day, a dry oil such as This Works Skin Deep Dry Leg Oil, £30, nourishes, seals in moisture and gives skin that reflective finish you're after. And when temperatures soar, try Estée Lauder Body Performance Cooling Gel for Legs, £20, which promises to soothe stressed skin and make legs feel light – it contains glucosamine to encourage dead-cell shedding. A heavyweight moisturiser also helps. Clarins Renew Plus Body Serum, £31, is an anti-ageing smoothing lotion for the body (aimed at those over 30) containing Pre-Retinol, which works to increase cellular renewal and stimulate collagen, promising to retexture the skin. Does it deliver? After a few days, limbs definitely felt less lumpy.

9 Eliminate ingrowns

If skin is not exfoliated, hairs can become trapped under the surface, causing unsightly (and sometimes painful) ingrowns. Prevention is better than cure (often an at-home operation with tweezers), so practise regular exfoliation. Applying a post-waxing balm such as Aezoo's In-Growing Hair Cream, from £13, helps, too. And if the tell-tale bumps do develop, douse with a salicylic acid-based treatment such as Bliss' Ingrown Hair Eliminating Peeling Pads, £25, then leave well alone.



Clarins Renew Plus Body Serum, £31



This Works Skin Deep Dry Leg Oil, £30



Clinique Sparkle Skin Body Exfoliator, £16.50

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10 Bid bye bye to back-ne

Spotty backs aren't just for hormonal teens. Blemished shoulders are a common adult problem. Why? Dermatologist Dr Virginia Hubbard acknowledges that the back has a higher concentration of oil glands than the rest of the body, but also points out that hair products could be the culprit. Ensure you rinse shampoo and conditioner off your back. To help diminish breakouts, try Neutrogena Body Clear Body Wash, £4.99 (it contains spot-fighting salicylic acid), and exfoliate in the shower with a puff. Make sure you avoid moisturisers containing petrolatum, and cocoa and shea butters. While they'll sort out dry patches elsewhere, these ingredients work by forming a barrier that prevents water loss and often blocks pores. A better option is a moisturiser containing glycerin, urea or hyaluronic acid, all of which draw water molecules to the skin. The lightest we've tried is Lancôme's new Cresse d'Eau, £31, a spray-on watery milk that softens but won't clog. ■