

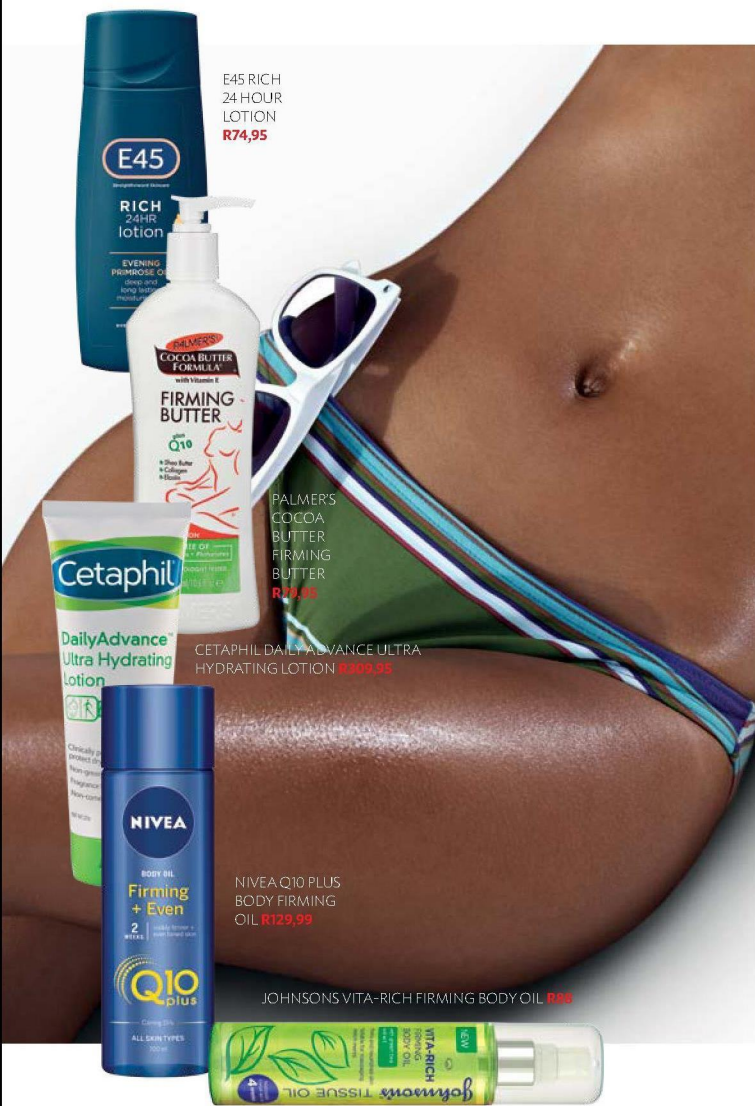
BEAUTY

# SUMMER BODY

With the temperature rising, you'll want to show a bit more skin. Make time for a head-to-toe clean-up!

By **PALESA VILAKAZI**

You've put in the push-ups and squats to get your body in shape. But as you shed your clothes you realise you still need to get rid of the flakiness and dullness to reveal a radiant, smooth and hydrated skin. Even if you don't plan to strut around in a bikini, you still want your arms, shoulders, back and legs to look soft and sun-kissed. Protecting your skin is also key to avoid sun damage and dryness. Cheryl Hengst, spa manager at Evolve Spa Group, says, "Your body and skin need two weeks to adapt to a new climate. To help increase your body's adaptation, first hydrate internally by drinking a lot of water daily. This will soften your skin and flush out toxins. For the outside, use moisturisers and masks with hydrating properties for your body and face."



E45 RICH 24 HOUR LOTION R74,95

PALMER'S COCOA BUTTER FIRMING BUTTER R10,95

CETAPHIL DAILY ADVANCE ULTRA HYDRATING LOTION R209,95

NIVEA Q10 PLUS BODY FIRMING OIL R129,99

JOHNSON'S VITA-RICH FIRMING BODY OIL R69

**STOMACH**

If you want your abs to appear firmer and smoother, then massage it once a week, in an anticlockwise circle, then move on to the rest of your body. Use a body glove to massage and exfoliate, pairing it with a body scrub designed to make skin appear firmer, and essential oils to reveal a smoother skin. Apply a moisturising cream with hydrating properties and ingredients like coconut or olive oil that will add a natural shimmer whilst assisting with firming up the mid-section too.



SOLAL OIL TO MILK CLEANSER R199

CLERE BERRIES & CREAM BODY CREME R24,99

DOVE BEAUTY FINISH ANTI-PERSPIRANT DEODORANT R38,99

**ARMS**

If you neglected to moisturise and exfoliate regularly during winter, you may find yourself with parched, dull skin in summer. Use a sugar scrub two or three times a week to gently exfoliate the parts likely to be exposed, like your arms. Lightly towel dry, then apply a moisturising lotion or cream, which will penetrate your skin better after you've removed that flaky, dead layer. Discolouration, excessive sweating and textural changes are often at the top of the list when it comes to underarm concerns. Soothing and moisturising deodorants can protect and give you softer, smoother and beautiful underarms.



BIODERMA PIGMENTBIO SENSITIVE AREAS R189,95

NUXE HUILE PRODIGIEUSE FLORALE MULTI-PURPOSE DRY OIL R495



LCN  
 INSTANT  
 BEAUTY  
 HAIR &  
 BODY OIL  
**R670**

instant  
 beauty  
 hair+body  
 Dry Oil  
 huile à sécher de la mer  
 (Truëloze)



CLARINS TONIC BODY POLISHER **R585**

**BACK**  
 Sweat and oil can get trapped when you're covered up in layers of clothing. This can then mix with dead skin and bacteria to form pimples on your back. Use a body wash with salicylic acid or benzoyl peroxide to kill bacteria, unclog pores and get your back tank-top ready. Body washes with glycolic acid also have exfoliating benefits. Avoid using harsh soaps on your back as this will strip away the natural oils.



EAU THERMALE  
**Avène**  
 Cicalfate  
 Crème de Réparation  
 EAU  
 THERMALE  
 AVÈNE  
 CICALFATE  
 REPAIR  
 CREAM  
**R99,95**

MD BY  
 MINNIE  
 DLAMINI  
 HYDRATING  
 BODY  
 LOTION  
**R39**

NEW  
**Shower  
 to  
 Shower**  
 TO  
 SHOWER  
 BODY  
 WASH  
**R39,99**

**Mixa**  
 ANTI-DRYNESS  
 BODY CREAM  
**R65,99**



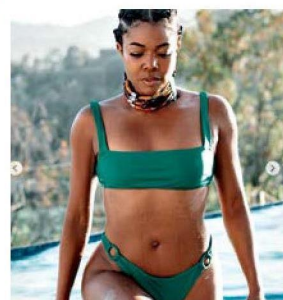
THE BODY SHOP CACTUS BRUSH **R172**



AFRICAN EXTRACTS TRIPLE ACTION SERUM **R179,95**



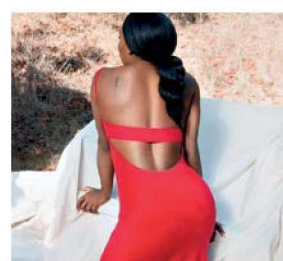
BLUE MBOMBO CHASING SUMMER IN SPAIN WHILE SHOWING OFF SMOOTH AND RADIANT ARMS AND LEGS.



GABRIELLE UNION KEEPING HER SKIN HYDRATED FROM HEAD TO TOE.



MEAGAN GOOD WITH EXFOLIATED AND SUN-KISSED SKIN.



SERENA WILLIAMS ROCKS A BACKLESS-DRESS WITH A SMOOTH, SHIMMERING AND ALLURING BACK.



UNATHI NKAYI SOAKS UP THE SUN AND SHOWS OFF HER GLOWING, EVEN-TONED AND PROTECTED SKIN.

**FACE**

Not protecting your skin from the sun's UV rays will lead to wrinkles, dark spots and an uneven complexion. Make SPF your BFF – invest in sunscreen lotions, creams, sprays or sticks. Opt for a formula that suits your skin type and lifestyle. Use a broad-spectrum SPF 30 or higher, and reapply it every three hours. "Always use the appropriate SPF's for your body and face as both require different levels of protection," Hengst adds. Apply an antioxidant serum in the morning for added protection and a youthful glow.



ELIZABETH  
 ARDEN EIGHT  
 HOUR GREAT  
 8 DAILY  
 DEFENSE  
 MOISTURIZER  
 SPF35 **R425**

CAPTURE  
 YOUTH  
 PLUMP FILLER  
 DIOR CAPTURE  
 YOUTH  
 PLUMPING  
 SERUM **R1 685**

EUCERIN  
 EVEN  
 BRIGHTER  
 DAY CREAM  
**R339,95**

KIEHL'S  
 CALENDULA  
 SERUM  
 SERUM  
 IN FUSED  
 WATER CREAM  
**R650**

fortigrain  
 Facial Scrub  
**R139**



**LEGS, THIGHS AND BOTTOMS**  
 Adding moisture is a must to avoid irritation and cracking skin on your legs. There's no cream that will miraculously erase cellulite on thighs. However, when applied diligently, firming and re-texturising creams can keep this area looking firmer and smoother. Use an exfoliating scrub all over your body while in the shower, then apply a hydrating moisturiser. Hengst says, "Going for a body exfoliation treatment can assist with the removal of dead skin cells."



JUSTINE  
 SOLARTEC  
 ULTRA  
 DEFENCE  
 SPF 50 BODY  
 LOTION  
**R255**

LA ROCHE-POSAY ANTHELIOS  
 SHAKA FLUID TINTED SPF50 **R260**

SATISKIN  
 POWDER  
 FRESH  
 SHOWER  
 CRÈME  
**R36,45**

SALON  
 BODY  
 SPECIALIST CARE  
 Bottom & Thigh  
 Toning Gel  
**R165**

DOVE  
 DERMA SPA  
 MASSAGING  
 BODY ROLL-  
 ON **R129,90**

SORBET SALON BODY BOTTOM AND THIGH TONING GEL **R165**

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