

DIFFERENT STROKES

Getting slapdash with your body brushing? According to Stacey Spooner at London's May Fair Spa (www.radissonedwardian.com), following the path of your body's drainage system a little more faithfully will guide toxins into your lymph nodes, where they can be flushed out via your blood stream. Sweep round to the backs of your knees with lower leg strokes, towards your groin when you brush your inner thigh, and into your armpit when you do your upper arms. For extra help, try a brush with lymph-stimulating rubber nodules as well as traditional bristles, such as Sanctuary Spa Hip And Thigh Massage Brush, £5 (Boots), or Origins Natural Bristle Brush with Cellulite Massager, £10 (0800 7314039).



...travel-friendly body care. Wilkinson Sword Quattro for Women, £4.99, comes with a clear carry case, meaning no more nicked fingers when you delve deep into your washbag, while a slug of Molton Brown Travel-Reviving Cempaka Bath & Shower, £16 (www.moltonbrown.co.uk), refreshes and re-hydrates stiff and jet-lagged limbs.

Body Beauty

NEWS THE BEST BODY BUFFER; NATURAL BEAUTY BOOTY; THE ULTIMATE TANNING TIP

Words: Alexandra Friend, Kate Price Photograph: folio-td.com
Still lifes: David Marquez (www.davidmarquez.net)



If you buy one thing...

TO ENSURE YOUR BODY STAYS BIKINI-READY ALL SUMMER, MAKE IT NUDE **MOISTURISING BODY POLISH, £28** (WWW.SPACENK.CO.UK). A BRISK PRE-SHOWER SCRUB WITH THIS SUGAR-BASED SCUFFING PASTE LEAVES SKIN DELICATELY SCENTED WITH HIBISCUS AND GOB-SMACKINGLY SOFT FOR DAYS.



3 of the best... natural body booty

1 FRAGRANT Fresh from New Zealand, the sweet orange, wild blackcurrant and manuka honey in Antipodes body products have created some of the best smells to land on the Zest beauty desk. Try Heavenly Body Oil, £20.95 (www.victoriahealth.co.uk), with jasmine and ylang ylang.

2 NOURISHING Aromatherapy Associates Enrich is a lush and buttery line of scrubs, oils and serums perfect for conditioning pre or post-sun skin. We like Body Serum, £20 (www.aromatherapyassociates.com), with toning patchouli and cooling aloe vera.

3 INVIGORATING Jo Wood Everyday Organics is approved by Ecocert for its 99% organic ingredients, and by us for the frothy, citrus-spiked kick of Langa Cleansing Body Mousse, £15 (www.jowoodorganics.com).



Psst! LA-BASED CELEB MAKE-UP ARTIST DANI'L SPICELEY RECOMMENDS POPPING ON AN OLD PAIR OF SMALLER-THE-BETTER BIKINI BOTTOMS BEFORE SPRAY-TANNING, SO YOU GET A BONA-FIDE TAN LINE! TRY ECOTAN EXCEL MEDITERRANEAN INSTANT TANNING SPRITZ, £18.50 (0845 8620516).

