



+++ smoothing+++shining+++defining+++

You want to banish frizz and add texture and shine, all without weighing your hair down with (or splashing out on) three separate products. That's where Mark Hill De-Frizz Texturising Polish (£7.49 for 75ml, 0845 070 8090) comes in. This styling cream contains silk fibres to combat frizz, seal in shine, add extra definition to choppy styles and even tame flyaways. Rub a small amount into the palms of your hands, clapping to disperse the spun silk fibres, rub again, and then work through mid-length to the ends of hair.



+++ cleansing+++moisturising+++exfoliating+++

There are face masks that provide deep cleansing action, others that moisturise, and then there are exfoliators. But The Body Shop Blue Corn 3-in-1 Deep Cleansing Scrub Mask (£6.50 for 100ml, 01903 844554) gives you all three benefits in one. It contains kaolin clay to help control shine as well as draw out impurities imbedded deep in the skin; blue corn powder to remove dead surface cells, excess oils and dirt; and glycerin to maximise hydration. The blend of bergamot, geranium and ylang ylang essential oils smells delicious, too.



+++ self-tanning+++moisturising+++toning+++

Not only does Tesco Skin Wisdom All Over Holiday Glow (£3.98 for 250ml, available nationwide) work as a self-tanner, it also tones and moisturises the skin. It contains guarana, known for its firming properties, plus monoi and sunflower oils, to leave skin thoroughly nourished, hydrated and toned. There's also white tea and ginkgo biloba, known for their antioxidant benefits, to protect from free-radical damage and keep you looking younger for longer. Because the self-tan is so subtle, you can apply it every day to build up a natural, sun-kissed glow without sunshine – or fear of smears, smudges and staining.



If you want to diminish age spots, smooth the surface of your skin, reduce the appearance of a scar, decongest an acne-prone complexion, and rejuvenate and revitalise dull, sallow skin all in one hit, then Freeze 24.7 Ice Crystals (£55 for 57g, 020 8740 2085) is for you. Massage in the cream (which contains diamond-shaped crystals) two to

+++ revitalising+++healing+++

three times a week, and you should see impressive results in just one month. It's not cheap, but you only need to use the tiniest amount, and it is effective – in clinical trials, age spots were reduced by 55 per cent and scar intensity by 35 per cent in 28 days.



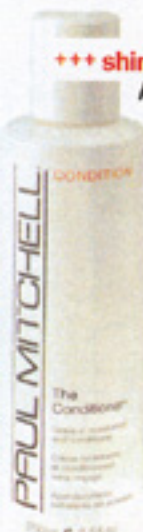
OPI Avoplex Nail & Cuticle Replenishing Oil (£14.85, 01923 240010) was designed to nourish dry cuticles and nails, reducing the appearance of dead skin in the process. But thanks to the vitamin E in the avocado oil, it's great for moisturising dry patches on elbows, knees, heels and knuckles, too.



+++ nourishing+++moisturising+++

+++ shining+++moisturising+++

Another one to pack when you're heading off on your summer holiday is Paul Mitchell The Conditioner (£7.55 for 250ml, 01296 390590). As well as adding shine and moisture to hair, it combats frizz and static when used as a leave-in conditioner. But its uses don't end with your head. This little wonder lotion can be used as a body moisturiser and shaving cream, too. Just think of all the suitcase space it could save you!



The eyes and lips are the most delicate parts of the face. Now you can combat fine lines and deeper wrinkles in both areas with Susan Molyneux Renu Lip And Eye Active Lift (£22.75 for 30ml, 01242 570515). It's packed with antioxidants like vitamins A and C to help reverse and prevent signs of ageing, plus it has a firming and plumping action that relaxes expression lines. It even helps get rid of under-eye circles. It's fragrance-free and contains natural, soothing ingredients like evening primrose oil and jojoba to treat sensitive skin. Use it as a moisturiser, or apply a thicker layer and leave on for an intensive mask treatment.

+++ firming+++plumping+++soothing+++moisturising+++