



Clean

Opting for a different hair colour in the summer is also a great way to give yourself a lift for the warmer months. Choose lighter, cooler colours, but always be aware of what will and what won't suit your skin colouring.

Face

The cold winds and cold temperatures of winter that we've just experienced can be just as draining for our skin as the sun, zapping it of its hydration and leaving it feeling dry and taut. Replacing the hydration can take time, especially if your skin is of the 'true-dry' variety and has little or no oil to speak of. Exfoliating regularly and moisturising daily is essential at this time of the year, and you may want to try one of the variety of moisture-replacing face masks available through most skin care companies. If your skin is dry, you may find you are lacking in vitamin C and B complex vitamins. Eat lots of fresh fruit and vegetables, grain breads and cereals and nuts. Also increase your fresh water consumption.

Body

The skin on your body probably hasn't seen the light of day since the beginning of the year. Again, partly due to neglect and partly due to the weather, it may be dry and calling out for its share of moisture. Invest in a loofah and begin to exfoliate your body daily when you take a shower. Towel dry, and apply a moisturiser rich in Vitamin E to your skin - having removed dead skin cells, the moisturiser will be absorbed more successfully. And remember that although water feels great on the skin, it too is actually dehydrating because it actually draws the water out of your pores. Next time you're in the bath, add a few drops of oil to the water which will soften your skin. If you're concerned about how white your skin has become over the winter months, invest in a bottle of fake tan. With such a variety on the market these days, it pays to experiment on a small area of your body first, and remember to rub off any dry, dead skin before you begin, to achieve a more natural look.



Hands and Feet

Our hands and feet are two body parts that get used the most, and possibly cared for the least - the feet because they get hidden by shoes and the hands because they are subjected to so much wear and tear. If you haven't been caring for your hands and feet over the winter months, it's never too late to start. Get into the habit of performing DIY manicures and pedicures - all you need is a bowl of hot water, some orange sticks to push the cuticles back, a decent manicure set and some moisturiser. Give your foot or hand a good soak before gently pushing back any cuticle which may have crept onto the nail. Cut and file your nails back before applying a liberal dose of moisturiser. A pumice is also a good investment for your heels which can build up excess dead skin due to pressure. Always make it a habit to carry a tube of moisturiser in your bag.

Hair Removal

Unwanted body hair is also something we often overlook during winter, but with summer approaching it's time to deal with it once more. There are basically three options: waxing, shaving and cream removers. All are good and basically it's just a matter of personal preference, but here are some tips. When waxing, use scissors to cut any hair that's longer than a quarter of an inch and clean the area well before you begin. Always apply the wax in the direction the hair is growing and pull in the opposite direction. Numbing sprays are available and if you don't like pain, are a great option. With cream hair removers, make sure you test your skin before applying the cream liberally and resist going swimming during the next day - chemicals and salt can have a reaction. If you prefer to opt for the close shave, you'll get a better result if you go against the grain, and remember that men's shaving cream is just as useful for us girls! **12**



THE BIG SQUEEZE

by Leigh Nazareth

Photography by Lisa Saad

A handful of carrots, a bagful of tomatoes, a couple of granny-smith's finest apples and one or two celery sticks. To you, this may sound like your average grocery list, but according to research these items are enough to revolutionise our diets and put the zing back into our lives. They say it's all in the power of juicing!

With summer fast approaching, opting for a freshly squeezed fruit and vegetable juice to quench a thirst is a much healthier alternative to fizzy drinks and a little more exciting than water. So let's take a look at the benefits of juicing and maybe, even try to master the technique for the warmer months.

Drinking fruit juice used to mean stocking the refrigerator with processed orange and mango drinks full of artificial

