



## Happy hands

Pamper your palms and try foot and hand expert Margaret Dabbs' mini massage. 'Smooth our Intensive Hydrating Hand Lotion, £14, over the back of the left hand,' says Margaret. 'With closed eyes, stroke lightly, then do the same to your right hand. Massage each palm in circles using your thumb, adjusting the pressure to what feels good, and stroking the top of your hand at the same time. Pay attention to the area between the index finger and thumb. Don't forget your fingers. Pinch your way up each of them with a firm pressure. Then pull each finger away from the hand, moving your grip up from base to tip.'

## Make your skin glow

There's nothing like a facial to make your skin feel amazing, but (whisper it) there's also nothing in the average facial that you couldn't do yourself given the time and a few choice buys.

### 1 DEEP CLEAN

Tie your hair back and pop on a towelling headband (**The Body Shop Headband, £4.50**, is perfect). Work a cream cleanser into your skin for at least a minute, lather with warm water, then rinse off.



### 2 PEEL AND TREAT

Exfoliation is the ultimate treatment and **Skintech Peel2glow, £9**, combines a potent peel with a glow-inducing antioxidant-rich serum. Apply, wait five minutes, then slather on again.



### 3 PLUMP AND DE-PUFF

That immediate post-facial glow is usually down to massage. Warm **Rosehipplus Rosehip Oil, £10**, in your hands, then massage upwards, pressing your thumbs firmly below your cheekbones, along your jawline to ease any tension. Then patter fingertips lightly under your eyes to drain excess fluid and de-puff.



## Glossy hair

Remember those hot hair oil treatments in the 90s? Well, VO5 is fronting a revival with **Nourishing Coconut Hot Oil, £4.99 for 4**. Drop the tube in warm water. Then, snap the top off and smother your hair in glorious shine-enhancers. The heat will boost blood flow to your scalp promoting hair growth, too. An ideal treat for a lazy Sunday afternoon.



## Soothing salts to boost your bath

If you've ever had a body wrap, then you know the drill – scrubbed down, oiled up, then wrapped in foil and left to sweat. For similar effects in comfier conditions, try a hot bath using **Westlab Bathing Salts, £6.99**. There are four new varieties of detoxifying muscle-soothing Epsom salts to try, such as Recover, which uses healing arnica and eucalyptus essential oil, or Cleanse, with its pure pink Himalayan salt, seaweed and lemongrass.

