woman's own®
LIFESTYLE SERIES
MAY/JUNE 2006 £1.60 Spain & Greece €3.75

SUMMER SPECIAL 1

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You don't have to see a specialist for dermabrasion – there are now home kits. Removing dead facial skin gives a rejuvenated, polished look and using a microdermabrasion kit once a week gives the best results, so you can start today. Unlike some salon dermabrasion, this will not leave you red-faced.

The **Dr Denese Home Microdermabrasion Kit** (£19.95 from www.drdenese.co.uk or 0870 1900 003) uses a rotating brush. Before brushing, dab on the abrasive cream that also contains ceramides (to help new skin retain moisture), along with anti-ageing vitamins A, C and E, and natural peptides to help boost collagen production.

The **Roc Renewex**

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