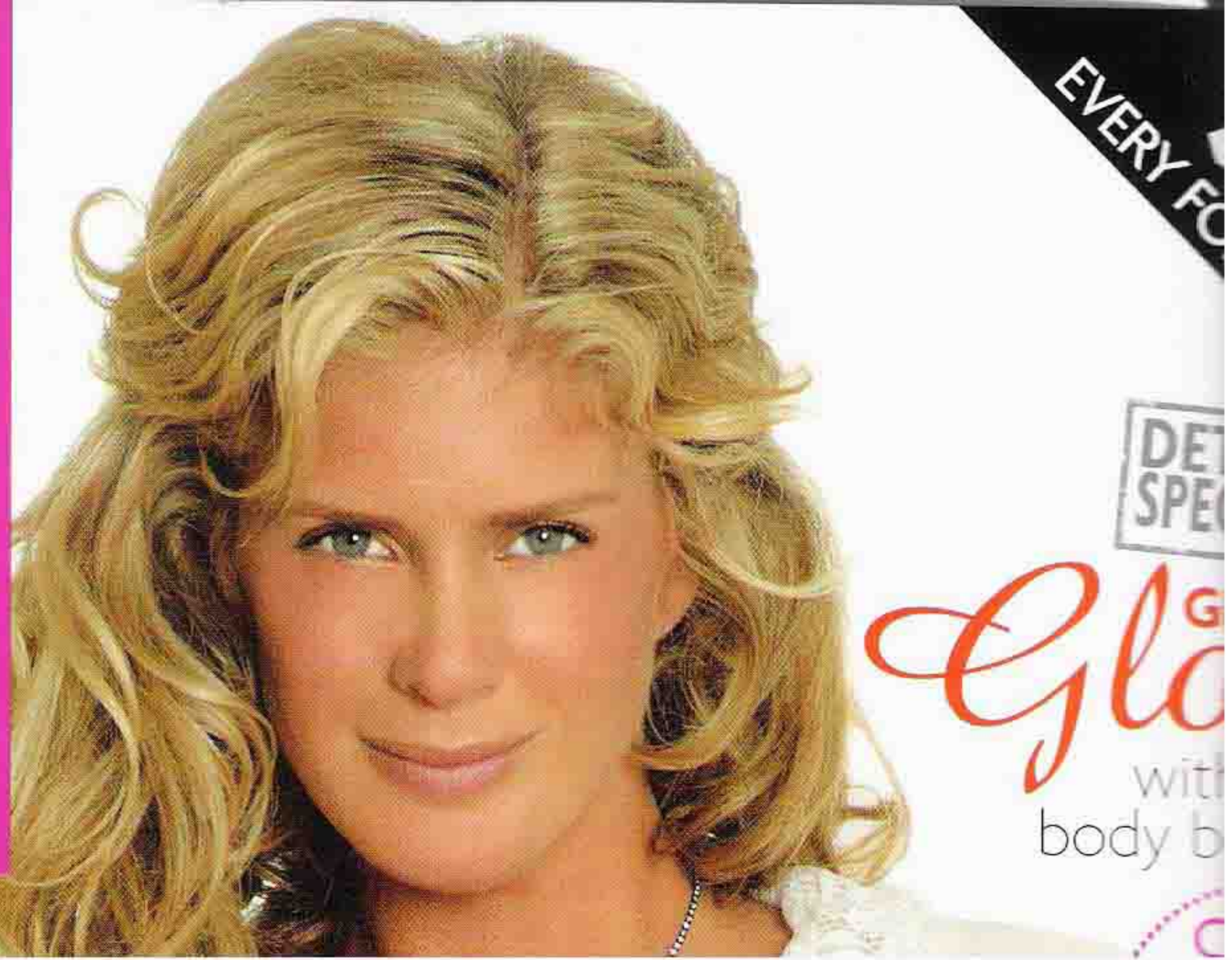


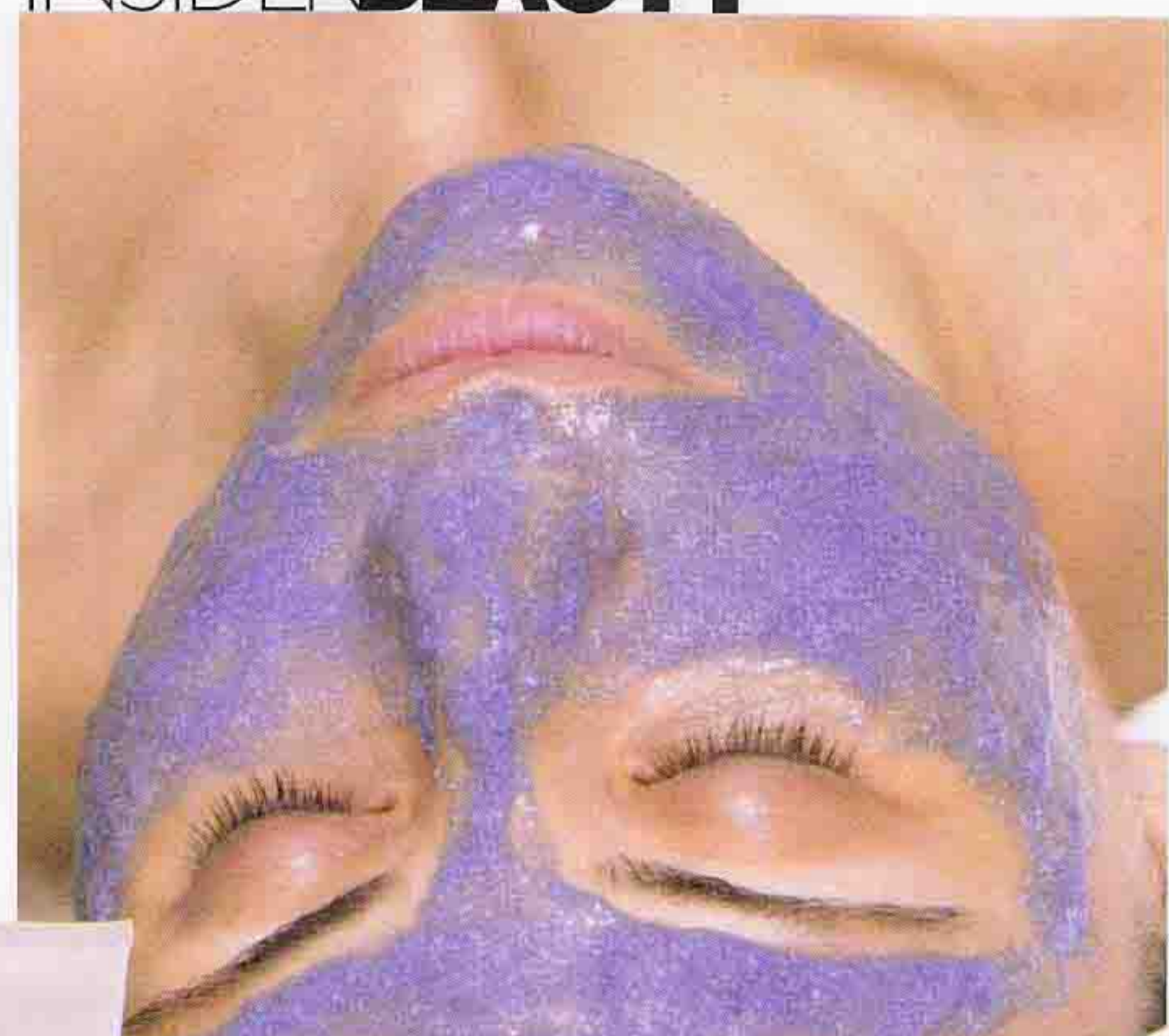
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R E A L

23 DEC - 20 JAN 2006 ONLY £1



INSIDER BEAUTY



Faces of the future

Detox is all about clearing out your system and giving your body a rest from excess alcohol, fat and sugar; therefore stimulating its natural ability to cleanse itself. However, overloading yourself with toxins can also have an effect on your complexion, making the outer layers look sallow and unhealthy. 'Your skin is a reflection of your body's health – you can literally tell within 30 seconds of meeting someone whether they look well or not. The vitamins and minerals from what you eat will be primarily utilised by all of your essential organs before your skin even gets the chance to replenish any of these nutrients,' advises Sally Penford. 'My best advice to improve the overall appearance of your skin is to apply vitamins topically in the form of a moisturiser or cream and Dermalogica **Active Moist**, £20.80, works well for those of you who suffer with the classic combination skin syndrome. Certain supplements, like Evening Primrose Oil, Omega-3 Oils, drinking lots of water and herbal teas, can also have enormous benefits for the appearance of your skin.'



6 OF THE BEST SKIN REVIVERS

- 1 Bliss Sleeping Peel Cleansing Cream, £21.** A cleansing cream and exfoliator all rolled into one, this will instantly refresh and brighten weary, tired skin.
- 2 Ren Multi Mineral Detoxifying Facial mask, £17.50.** Containing French clay, spirulina and red tea, this deep cleansing mask will draw out any impurities and encourage the skin's renewal cycle to go into frantic overdrive.
- 3 Lancôme Resurface C Micro-dermabrasion kit, £59.** Using a mixture of salts and crystals, this will remove old dead skin cells to help you start the new year off afresh.
- 4 Elemis Pro Collagen Marine Cream, £75.** This wonder cream uses a blend of Padina Pavonica (a Mediterranean algae) to increase moisturisation and elasticity for skin that positively glows.
- 5 Eye Tea Herbal Tea Bags For The Eyes, £3.99.** Simply dip in tepid water and place over your eyes to help soothe and relieve tension and stress.
- 6 Dr Denese Skin Care Treatment System, £69.95.** An easy way to inject some colour back into lifeless skin, this kit contains everything you need to make your skin care regime complete.



Lifestyle tips

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