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If your skin is in a seriously bad state and you have no chance of getting to the beauty

'saloon', try DR DENESE's ultimate First Aid Kit for lifeless skin, the aptly named Bring Skin Back to Life Kit. This great scientifically developed kit comprises a 3 step skin care system designed to jump-start skin back to life, stimulating the cellular turnover and re-hydrating tired, lifeless, sun-damaged skin: just the job after too many holidays in the sun. The 3 steps are: cleansing and exfoliating with Beta Hydroxy Acid Cleanser and Facial Firming Pads and Microdermabrasion Cream, rejuvenating with Hydroseal Recovery Serum with vitamins, anti-oxidants and Retinol and illuminating with Vitamin C Radiance Cream made from Vitamins A, C and E, ceramides and crushed pearl (yes, really!) Our 'guinea pig', MOLLY, said her peeling, yellowy, holiday skin really perked up within days of starting the treatment and is now looking suitably radiant and glowing.

Fans of the popular DR DENESE range of products allegedly include the lovely SIENNA MILLER. Talented actress SIENNA, is the daughter of one of the greatest beauties of the 70's JO KEMP and debonair American businessman, ED MILLER, who famously lived with chic interior decorator KELLY HOPPEN after divorcing JO (before KELLY moved on to more sun tanned prospects!). SIENNA has a beautiful sister, SAVANNAH and an equally beautiful on-off boyfriend JUDE LAW.....but you knew that, didn't you?

Do not worry about not having a natural tan: in these days of excellent "fake bake" products a dangerous real tan is a thing of the past. The fake tans look much more even than the real thing and the colours are now much more natural looking. SKIN DOCTORS' JUNGLE BRONZE Self Tanning Spray is easy to use and smells divine, as does the JUNGLE BRONZE Gloss, a temporary "quick fix" cream which will give you a light colour instantly or help to blend in a fading fake tan. If you find oils and gels easier to apply, the best I have found is the LANCOME FLASH BRONZER range: FLASH BRONZER Self Tanning Dry Body Oil and FLASH BRONZER Self Tanning Spray. Both of these products are so easy to apply that they are practically "idiot proof"! What's more they will give you a perfect shimmery golden tan every time, even the first time!