

10 WAYS TO

SUMMER-PROOF YOUR BODY

Vacation looming ever-near and time running out? Cheat your way to beach-ready with these expert hacks



FIRM UP

We're still waiting for that wonder cream but in the meantime, there's certain things we can do to minimise the appearance of cellulite. "Eating a balanced diet free from sugar or processed carbohydrates is important as increased insulin levels are thought to contribute towards cellulite. Make sure to exercise regularly as long periods of sitting or standing are also considered to add to its appearance," says Dr Stefanie Williams, dermatologist and medical director at European Dermatology London (eudelo.com).

3 SMOOTH OPERATOR

Whether it's a mini-break or a summer getaway, maintaining a stubble-free existence can be tricky. Hair removal expert Rachel Cross from The You Clinic (theyouclinic.co.uk) advises, "Make sure you hold the skin taut when waxing and avoid any hot baths or products for two hours afterwards. If the skin feels sore, apply a thin layer of aloe vera gel to soothe any irritations and make sure you avoid sun exposure for 24 hours."



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NAILED IT

The holiday's almost here and you haven't had time for a pedicure – what to do? Don't panic! Top nail technician Andrea Fulerton (andreafulerton.com) has the answer: "Scrub feet with a mix of shower gel, tea tree oil and sea salt, then soak and use a tooth pick to clean under nails when just out of the bath/shower. Paint the nails leaving a small gap down the length either side and go to bed with coconut oil massaged into the cuticles and soles of the feet. Pop some socks on and wake up with silky smooth skin."

Zoya Nail Polish
in Elodie, £11
naturismo.com



Nail Polish
in My Berry
Rocks, £13.50
nailberry.co.uk

BANISH BACNE

Summer can be a miserable time for bacne (back acne) sufferers. But before you swelter in that sweater, there are solutions. "Try to avoid oil, creamy washes, rich moisturisers and emollients as they can block pores," says Dr Stefanie. "Keep away from sugary and starchy foods as anything that increases blood sugar levels quickly can aggravate acne. Instead, opt for fresh, non-starchy vegetables, low-sugar fruit, unprocessed protein and good fats," says Dr Stefanie.

