



BODYWISE

When your skin is sensitive it's also prone to dryness, so make sure you keep your body nurtured and comforted with one of these favourites.

1 Nivea Nourishing Care Lotion, \$4.95 (200ml), \$7.50 (400ml), has vitamin E and almond oil to help prevent moisture loss from your skin.



2 Johnson's Baby Oil Gel, \$7.95. This vitamin E enriched gel works just as well on adults. Apply to wet skin to form a protective layer.



3 Avon Skin-So-Soft Bath Oil, \$24.99, has a beautiful fragrance and will leave your skin feeling soft. It's no wonder women love this product.



4 Trilogy Nourishing Body Lotion, \$29.95, contains absolutely no artificial colours or fragrances – only rich natural oils to fight free radical damage. It also has essential oils to calm your body and mind.



5 The Body Shop Shea Body Butter, \$30, is nourishing and will be quickly soaked up by your skin – especially if it's feeling dry – because of the yummy shea butter. Great after a day at the beach.



6 Crabtree & Evelyn Lavender Water, \$39, will relax you all over – body, mind and soul – and send you into a dreamy slumber.



GOOD LOOKERS

You'll love the way these charmers make you feel and the way they look on your dressing table. The products from the Glamourflage range all have a story behind them. They are 'for the woman who has a sense of fun and likes things a little quirky', says Imogen Day, co-founder of Glamourflage. The Southern Islands range is very affordable and made in New Zealand.

1 L'Occitane Velvet Body Scrub, \$49.50, has calming lavender oil, which also acts as an anti-inflammatory on your skin. Plus it contains shea butter, which will both soothe and nourish.



2 L'Occitane Shea Hand Cream, \$15 (30ml), or \$39.50 (150ml), contains 20 per cent shea butter, which your skin will enjoy. This is L'Occitane's most popular product and is super-hydrating.



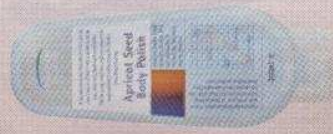
3 Glamourflage Raunchy Rosie Hand Cream, \$29. Packed full of vitamins and aloe vera, this pottle is as effective as it is charming. Apply and get ready to be naughty.



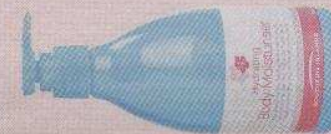
4 Glamourflage Scarlett Divine Bath Dust, \$19.90, isn't quite stardust, but it's as close as you'll ever get to it. And besides, every girl deserves to have a bit of fun.



5 Southern Islands Apricot Seed Body Polish, \$11.99. Slough off dry skin to reveal fresh cells underneath with apricot seeds from Central Otago. Skin is left soft and sleek.



6 Southern Islands Hydrating Body Moisturiser, \$10.50. Slather over your entire body after showering and exfoliating. The intoxicating smell of hibiscus flowers makes it a pleasure to use.



IT'S TIME FOR A CHANGE

● **Your skin is dry and patchy:** When you're tired or stretched beyond comfort your skin will often suffer. If this sounds like you, give your skin some serious TLC.

● **Your skin heats up after a product is applied:** If a product causes your skin to feel warm, it's an indication there is too much stimulation happening. A little is good, but if it continues your skin can become irritated.

● **Your skin becomes red and sensitive:** Redness is a sign of distress or irritation. Your products could be too active for your skin. Take a step back and use gentler products.

● **Your skin breaks out:** If your skin breaks out when you introduce a new product try using it less often. But if the problem persists change to a different product.