



Natural Beauty | LOOKING GOOD

CELEB SCOOP

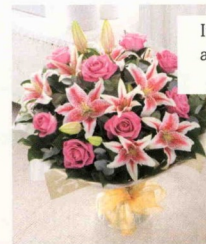
"My hair is so unruly. Some days half is straight, half is curly – then it's better to put a treatment like Moroccanoil Treatment Light (£31.85) in it and go with a topknot," says actress Kate Hudson.



SCARLESS SKIN

Dermaoil, £15.99, is rich, smells like oranges and lavender, and is perfect for some post-shower moisture. It can be used all over your body, and face (though use carefully there if you have greasy skin), and is particularly good for scars or stretch marks as a natural alternative to Bio Oil.

BIG-HEARTED BUYS
Charitable Creations



Interflora Rose and Lily Hand-tied, £34.99



ghd Bird of Paradise Coral Styler, £129

Crabtree & Evelyn Pear and Pink Magnolia Hand Therapy, £15



Crabtree & Evelyn Tarocco Orange Body Scrub, £17



Kiss-Air Candles Pink Roses, £8.50



Jane Iredale Smell the Roses Facial Spritz, £22.50



all profits to charity

Bodhi and Birch Rosa Rosa Skincare Set, £80

Elemis is donating £10,000 to Breast Cancer Care



Elemis Pink Jar Pro-Collagen Marine Cream, £99

PRO'S TIP: If you have sore skin pop three handfuls of oats into a gauze bandage, twist and tie it around the tap of your bath. Run water through the bag, then soak up the grains' anti-inflammatory qualities.

PAMPER
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SENSPA BATH SALTS

SenSpa Himalayan bath salts, £5.95, contain over 84 minerals and trace elements including calcium, iron, potassium and magnesium, all released when mixed with warm water. Pop two handfuls in your bath and breathe in the rose, lavender and cedar wood essential oils, for true relaxation.

Chemical-free beauty buys and latest advice

TREATMENT OF THE MONTH
Aveda full spectrum hair colour

Tested by: Lucy Trevallion
 "I'd like it brown," I said.
 "Yes, I understand," Sergio said.
 After years of being told stylists 'understand', then receiving a one-inch floppy fringe or a wonky mullet, I was naturally apprehensive. However, I sat back in my minimalist chair in the urban-chic Aveda institute, and silently sipped my soya cappuccino. Two magazines and one heavenly head massage later my brassy blonde-orange was transformed into a rich chocolate brown. The colour is up to 99% naturally derived with a blend of protective plant oils including sunflower, castor and jojoba, which left my hair super shiny. To top it off Joon, turned my limp fine hair into a voluminous mass of beautiful curls. For professionals that genuinely do understand, I can't recommend this place enough. From £56, avedainstitute.co.uk

TIME TO TRANSITION

AEOS REALIVE SERUM
 Smooth the transition from summer to autumn with AEOS Realive Serum, which got the *Natural Health* seal of approval at the 2014 beauty awards. £105, aeos.net

