

“Why didn’t anyone tell me it was summer?”



If you have your legs waxed regularly, only ever eat raw foods and boast the skin of a cellulite product ‘after’ model, then there’s nothing here for you, lady. If, however, having a fun life just got in the way of becoming beach-body beautiful, grab a Strawberry Mivi and read on

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Q How do I get fuzz-free without suffering ‘plucked chicken’ skin afterwards?
A ‘Some temporary redness is inevitable as pulling out hairs traumatises the skin,’ says beauty therapist Yvonne Mills. ‘But it’ll go down fast if you use products with calming ingredients during and after waxing.’ If you’re going to brave a home treatment, she recommends Wax Away Wax

Strips with soothing lavender, and green tea, from £3.35. To ensure hairs don’t break and in-growing hairs and more pain she advises holding strips at a level when pulling them off, in the direction of the hair growth. Sally Penford, training manager at the International Dermal Institute, advises applying a good after-lotion (such as Clinique After-Rescue Balm, £14) post-wax,

they’re usually packed with anti-inflammatory ingredients. ‘Anything cold will also minimise redness by restricting the blood vessels,’ she adds. Try Philips’ nifty Satin Ice epilator, £50, with a cooler attachment that you store in the freezer and clip on before use – weird, but it works.
If you have the cash for salon topiary, it’s best to go for hot instead of cold, particularly on your

bikini line. Hot waxes, where a thick wax is applied to the skin and removed without strips, are painless if done properly. ‘A hot wax opens the follicles, which makes the hair slip out easily, with fewer angry red spots as a result,’ says Mills. At Saks, a bikini wax costs from £15. By the way, after hair removal, don’t apply fake tan for 24 hours or the colour will darken inside open pores and look speckly.

Q I’m always slathering on my fake tan in a hurry and have had a few gravy-knee and compost-heel disasters. How can I shift the streaks?
A If you’ve already Tangedo yourself, attack streaks with St Tropez Self-Tan Remover, £14.50, or try a little ordinary lemon juice on the offending areas.
And next time, use the new ‘build-up’ self-tans. Johnson’s Holiday Skin Body Lotion, £4.99, and Origins Let It Glow, £15, are rich moisturisers with just a little bit of self-tan agent. They leave you with a golden hue so subtle it can’t go stripy, and it builds up evenly the more often you apply it. Like slow-cooked food, it takes a little patience, but the result is usually perfection. >