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Get Ready For Love

09-02-2010



Whether you are single or in a relationship, chances are you'll want to look and feel gorgeous this Sunday, so turn your phone off and start getting pampered DIY style.



Body:

To reveal gorgeous skin, there's nothing better than a good scrub to remove dead cells. If you are planning to wax or shave, make sure you use an exfoliant a couple of days before your hair removal treatment, to avoid irritation and itchiness.

There are plenty of good body scrubs on the market, but if you'd rather save your pennies, you can make your own in a couple of minutes. There are many good homemade scrub recipes but this is one of my favourites as it's gentle and works wonders...



Brown Sugar, oil and avocado scrub:

Mix brown sugar with an oil of your choice. I love coconut oil, which can be bought from any health food shops, but almond, olive and jojoba work very well too. Mash half a ripe avocado and add to the sugar and oil. Make sure the mixture is smooth and there are no avocado lumps in it. It will be easier to use and won't leave green bits in the shower. Rub on your body, not forgetting your feet, with circular motions, rinse et voila, super soft, renewed skin in a jiffy!



When scrubbing it's essential to moisturise your skin afterwards. **Jergens Naturals** have just launched two new body creams that are absolutely to die for: they keep your skin hydrated all day, are very gentle and don't break the bank. Try **Jergens Naturals Cocoa Butter** which contains cocoa butter, sunflower oil and vitamin E for extra smooth, radiant skin. If the cold weather has left your limbs in need of a miracle, **Jergens Naturals Total Nourishment Body Moisturiser with Acai Berry** intensely nourishes thanks to its extracts of the powerful antioxidants acai berry and mangosteen, whilst cranberry extract stimulates cell renewal. At £4.99 each and available from Boots, Tesco, Superdrug and Sainsbury you can't go wrong (<http://www.jergens.co.uk>).

Face:

As with the body, if you are waxing your eyebrows, chin or upper lip, it's important to exfoliate the face a couple of days prior to that. The above body exfoliant can be used safely on the face, but if you have very dry or sensitive skin you can try this instead:

Oats, honey and avocado (or banana) face scrub:

Mix a heaped tablespoon of uncooked oats with two of honey (organic is best). Mash half a ripe avocado or banana until

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very smooth and incorporate it to the oats and honey mixture. Apply to the face and neck in circular motions, avoiding the delicate eye area. Follow with your moisturiser of choice.

If waxing any delicate area (face, bikini line or armpits), do so at night, before going to bed and do not use any serums or moisturisers on the waxed areas immediately after removing unwanted hairs, to avoid a rash and spots. Apply your usual skin care products in the morning but avoid using toners or any astringent lotion to the treated areas.

For bright peepers, before getting ready on Valentine's Day, place two slices of cold cucumber onto the eyes and sit back for 15 minutes. Before applying your moisturiser and make up, splash your face with very cold water for a fresh, rested complexion.

Hair:

Avocado hair mask:

For soft, shiny hair, mash a ripe avocado and mix in two teaspoons of coconut or olive oil. Apply to the hair before shampooing, load the mixture onto the ends but avoid the roots. Leave in for thirty minutes before shampooing. Follow with your conditioner of choice and leave it in for half an hour for super glossy, manageable hair.

Enjoy your Valentine!

By **Stef Bottinelli**

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