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GUIDE

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LOOKING GOOD

LAST-MINUTE HOLIDAY FIXES
FOR HAIR, NAILS & SKIN

25 easy ways to
beat the heat of
summer exercise



BEFORE YOU GO...

Hair

Hair grows about half an inch a month on average and about 10% faster in summer. So if you're already seeing roots peeking through, plan ahead and book a fresh colour or pick up a box of your favourite shade now.

If you get that poodle look at the first whiff of humidity, you could invest in a pre-holiday keratin treatment to fight the frizz. These infuse your locks with strengthening proteins, making your mane softer, shinier and straighter for up to four months (and they're formaldehyde free). **Kerastraight treatments cost from £160**, depending on the salon and the length of your hair (find a salon near you at kerastraight.com). Or use **Tresemme Keratin 7-Day Smooth Heat Activated Treatment, £7.79/120ml, Boots (1)**, with your straighteners for smoothness that lasts for up to three washes – take it with you to top up halfway through.

Brows

'See an expert for a tint and shape a few days before your holiday,' advises Sherrille Riley, founder of Nails & Brows and Beauty Edit Mayfair. 'This will add colour and definition so you can get away without applying pencils.' For a longer-term solution (and a major investment!), microblading – a type of cosmetic tattooing that uses tiny strokes to imitate individual hairs – could be the answer. But be careful: this is a semi-permanent treatment, so a bad result will only fade gradually. Ask to see previous examples of your therapist's work or go by personal recommendation. Ensure, too, that the environment is spotlessly clean and the equipment sterile. Karen Betts is one of the UK's best semi-permanent make-up specialists, who mixes her pigments herself to ensure a perfect match for your skin tone. **Microblading with Karen costs £895, karenbetts.com**.

Lashes

Hot weather and pool dips are bad news for most mascaras. Instead, try a lash lift, which offers a similar look to lash extensions at a fraction of the price, then go mascara free. GDL Lash Lift treatment takes an hour and you'll need a patch test for safety beforehand. **From £25, eyelashemporium.com**.

Tanning

While pale skin is increasingly fashionable, a glowing tan can help limbs look leaner and cellulite appear smoother. Try a professional spray tan for a faux glow with no streaks or tan lines, or opt for one of the ever more sophisticated at-home products. We love



Elemis Total Glow Bronzing Moisturiser, £31/50ml, elemis.com, which has green tea, ginger and rice bran oil, for the face, and **Freshly Baked London Watermelon Self Tan Mousse, £13.99/200ml, Superdrug (2)**, for a bronzed body.

Skin

The latest buzzword is 'cloudless' skin – all one tone, with no blotches or breakouts and a smooth, poreless look. That may not be possible for most of us without an Instagram filter, but a **Hydrafacial, from £90, hydrfacial.co.uk** (performed using a device that exfoliates, deep cleanses, purifies and hydrates), can help skin look brighter. And tackling blackheads early means you're less likely to break out while you're away.

Body hair

Shaving is easy and cheap, but for up to four weeks of smoothness, waxing is more effective. For at-home removal, try **Veet EasyWax Sensitive Electrical Roll-On Kit, £31.49, Boots (3)**.

Laser hair removal is the only way to banish unwanted hair permanently, and you'll need around six sessions at six-weekly intervals. However, each session destroys almost all hair in the active growing phase. So, if you shave, you could have a single laser treatment before your holiday and be perfectly hair-free for weeks afterwards. A word of caution: your skin will be sensitive after your treatment and you should avoid excessive sun exposure for about a week. You'll also need to be extra careful not to tan any areas of skin that you plan to treat when you get home as lasers can burn tanned skin. **Bios Square Epil laser treatment is incredibly quick – underarms take less than five minutes. A single session costs £75, while a six-session course is £375, at Bodyvie (bodyvie.com).**

Nails

A manicure is a great pre-holiday investment. Brights look brilliant under the sun but, if you're hard on your nails, a neutral shade is better at camouflaging tiny chips. 'Nude and pastel colours complement a tan and go with most outfits,' says Sherrille Riley. Gels are more expensive than regular polish, but should last at least two weeks. Try a salon visit for a gel with a classic sheer pale pink such as **CND Shellac in Romantique – find a salon at lovecnd.com (4)**.

Toes

To get feet ready to bare, **Footner Exfoliating Socks, £19.99, Superdrug (5)**, are an AHA-rich cosmetic peel that offers pedi-perfection in just seven days. It's a bit gruesome as the hard skin begins to peel away, but effective at smoothing out cracked heels. →