

# SPA or DIY?

The best new treatments to tackle your beauty bugbears – whether you're going to the pros or pampering at home. By **Grace Timothy**



## SPA

### HAIR

Help! My hair is dry and frizzed

- The Botanical Therapy Moisture Treatment For Hair £60 [aveda.co.uk](http://aveda.co.uk) uses pomegranate oil to boost moisture levels for shinier, healthier locks.



### FACE

I have hyper-pigmentation. How can I get an even skintone?

- For a more even skintone without the stinging and downtime of most peels, **whitePeel** from £45-£70 [Medik8.com](http://Medik8.com) is mild yet packs a powerful punch against pesky sun damage, by gently exfoliating skin to brighten instantly. You can even treat your décolleté and back. [skinbrands.co.uk](http://skinbrands.co.uk)

### BODY

My sensitive skin is so dry

- The Daydream Ultra-Comfort Body Treatment £65 [darphin.co.uk](http://darphin.co.uk) includes a full-body polish to slough away dry patches, then a hydrating massage to restore elasticity.



### NAILS

A mani that lasts – is it too much to ask?

- Want to look groomed, but no time for a weekly mani? With 70+ shades to choose from, Californian hit **Artistic Colour Gloss** from £30 [artisticcolourgloss.co.uk](http://artisticcolourgloss.co.uk) is the newest gel polish to hit our shores. Smudge-free and chip-proof, it lasts up to three times longer than regular varnish.



## HOME

- For a full-on moisture fix at home, apply **Elixir Ultime Moringa Immortel** £34.50 [Kérastase.com](http://Kérastase.com) before you shampoo, then again once you've cleansed, working through the ends and mid-lengths of your hair – don't wash it out; just let it work its magic.



- A gentle fruit-acid gel mask, **Pure Peel Exfoliating Mask** £55 [Bakel](http://Bakel.com) uses AHAs to lift dead skin cells, fading hyperpigmentation while also softening lines and taming breakouts. Apply, wait five minutes and rinse – what could be easier?



- After bathing or showering, apply a layer of **Amazing Face Natural Lift And Sculpt Body Butter** £49 [Emma Hardie](http://EmmaHardie.com), massaging in a circular motion. Add a second layer for especially dehydrated skin.



- A gel mani doesn't have to involve a salon visit – with this genius UV kit by **Belle Gel** (left), you can get up to two weeks of chip-proof colour at home. Our favourite shade is the dusky pink, **Mocha**. Starter Kit £59.95 [bellegel.co.uk](http://bellegel.co.uk)