"Drink lots of water the day before your facial so your facialist can clean out your skin better." Jessica Alba's facialist, Kate Somerville

BEFORE THE SPA

"Priming your skin for a spray tan will make it last longer," says global tanning expert James Read.

"Don't wax any less than 48 hours before a tan so the skin can settle."

 "Exfoliate 24 hours before your tan and use a moisturiser in the week before it, but not on the day - it can block the tan."

"Skip deodorant on the day. Use Baby Powder [89p Johnson's] to soak up sweat and stop your tan running."

Dove

Visible Effects Body Lotion £4.99 Dove

Make the most of your professional beauty treatments with these insider tricks. By Grace Timothy



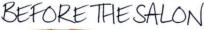
No-Scream Cream £19 Relax And Wax

"Minimise the 'Ouch!' from a wax." say Danielle Featherstone-Price and Maria-Louise Featherstone. founders of Strip Waxing Bar.

"Avoid retinol products on the area you're waxing. It can cause irritation."

"Exfoliate between waxes to minimise ingrown hairs. Do so on the day of your appointment, but gently." "Taking paracetamol one hour before a wax can help with the pain.

You can also use numbing creams."





Get blow-dry ready with red-carpet pro Charles Worthington. "Using the right products will maximise the effects of a blow-dry. For fine hair, use Results Full Volume Shampoo [£4.49 Charles Worthington]. For thicker hair, use smoothing products, like the Oléo Slim range from Kérastase." Try Masque Oléo-Relax Slim £25.30.



The better the condition of your hair, the better the colour result. "Use a masque, like Real Masque [£55 Realhair.co.uk] in the weeks before your appointment," says colourist Josh Wood. "And the day before, wash with Hair Cleansing Cream [£10.95 Redken] to remove product residue,"

says LA colourist Tracey Cunningham.

REDKEN



Get your skin massage-ready with Gwyneth Paltrow's aromatherapist, Kirstie Garrett.

"Exfoliate on the morning of your massage so the oils will penetrate deeper through the skin." "Don't moisturise beforehand overloading the skin confuses the

brain regarding sebum levels." "Avoid caffeine and alcohol on the day of the massage as these toxins can inhibit relaxation."



BEFORE YOUR MANICURE

"The night before a manicure, remove any varnish and rub vitamin E cream onto your hands. Then massage some oil onto fingernails and cuticles," says celebrity manicurist Andrea Fullerton.

Vitamin E Nourishing Hand Treatment £38 Jomalone.co.uk