

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

# PREP

## BEFORE YOU

# PAMPER

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

### BEFORE THE SPA



Visible Effects Body Lotion £4.99 Dove

"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."



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."

### BEFORE THE SALON



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 Kerastase." 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.

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."

Body Tonic Sugar Scrub £6.99 Garnier

### 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