

SHE



FEBRUARY 2008 £3

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238
LUXE
LOOKS
FOR LESS

+ **FIGURE-FIXING TIPS**
FOR YOUR 30s, 40s, 50+

9 DAY HEALTHY
DETOX PLAN

- **BEAT THE BLOAT**
- **ENDLESS ENERGY**
- **BETTER IMMUNITY**

FOOD FOR FRIENDS

FEED SIX FOR UNDER £24
- IN LESS THAN AN HOUR!

BE SLIMMER, RICHER,
HAPPIER IN 2008

- **SIX WEIGHT-LOSS SECRETS**
- **MONEY-SMART SOLUTIONS**
- **BANISH YOUR WINTER BLUES**

WHY DO MEN
HAVE AFFAIRS?

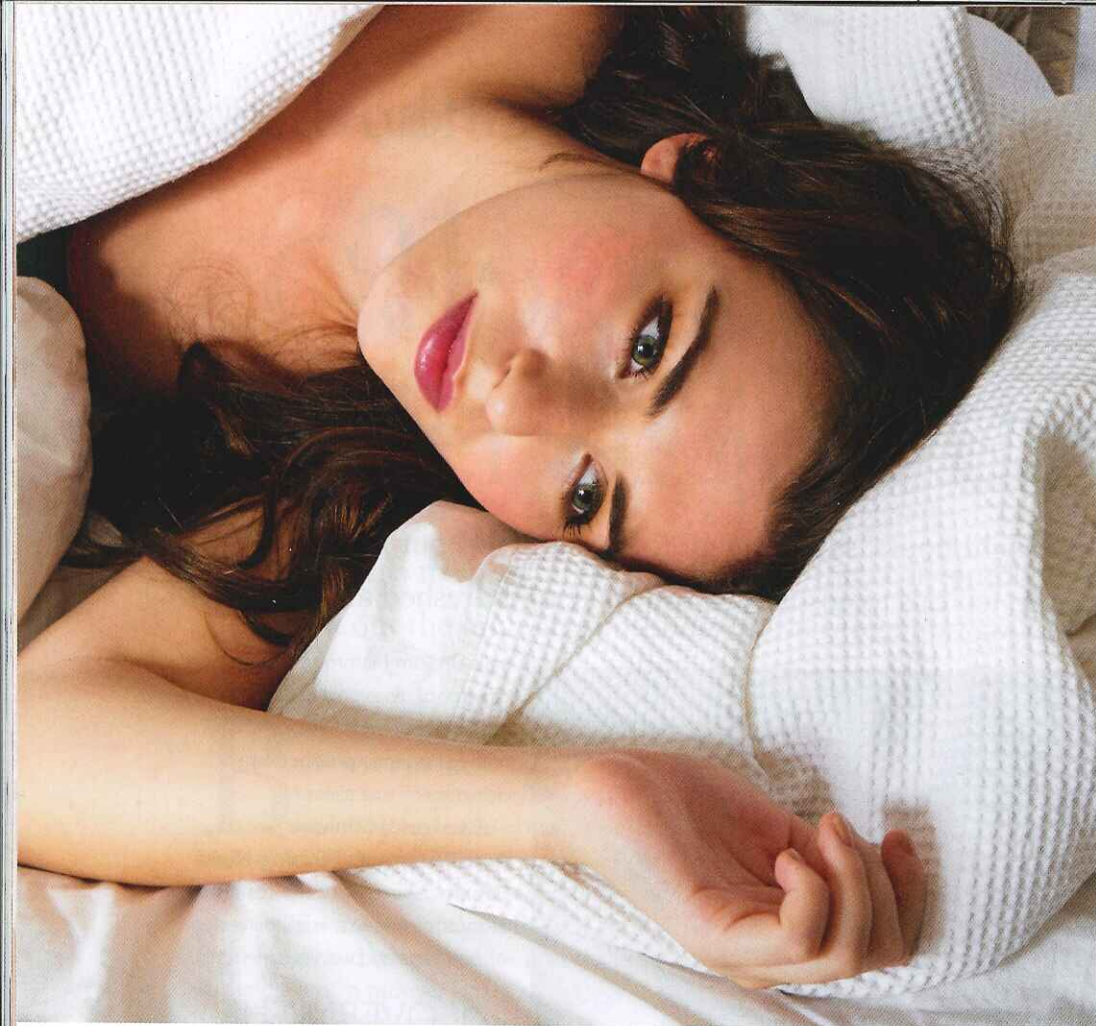
TESS
DALY

ON MARRIAGE,
MODELLING
& MUMMY
TUMMIES!

ANTI-
AGEING
SKIN
MIRACLES

50+
WAYS TO
REORGANISE
YOUR HOME





5 ENSURE SILKY-SMOOTH SKIN

Invest in a **Silkskin pillowcase**, £35 each (harveynichols.com). Made of 100 per cent silk, they claim to aid sleep and certainly help prevent wrinkles. (SHE's Beauty Director Eve Cameron swears by hers!) As the silk is made up of the same amino acids and proteins as your skin, it helps skin maintain moisture and stops it from drying and developing wrinkles.

6 WAKE UP WITH HEALTHIER HAIR

Andrew Collinge believes you should use hair products overnight as you would skincare. He says: "Comb in **Andrew Collinge Perfect Endings Nourish and Protect**, £3.99, with a wide tooth comb

and braid your hair loosely. In the morning your hair will be deeply conditioned." For dehydrated or damaged hair, spritz in (5) **Andrew Collinge Perfect Endings Essential Moisturiser**, £3.99, and leave on overnight.

7 PREVENT A PUFFY FACE

Ensure your head is raised slightly higher than the rest of your body in bed to help prevent blood and fluids pooling around your eyes. Try drinking a large glass of water before you go to sleep as this will also help eliminate fluid-retaining toxins. And a must-have product for reducing puffiness and minimizing dark circles and fine lines around the eyes is (6) **Clinique All About Eyes Rich**, £20.

8 GET SMOOTHER HANDS AND FEET

"The best time to rehydrate your hands and feet is overnight," says Jessica Vartoughian, creator of Jessica Nails. "Massage (7) **Jessica Phenomen Oil**, £11.99, into them before bed – the jojoba and vitamin E will nourish your skin and the zinc and allantoin are great for healing dry cuticles." Finally slip on the **Geluscious Booties and Gloves**, £19.95 each, over the oil. The gel-like lining is made up of antioxidants and vitamins which leave skin baby-soft by morning.

9 ENJOY LAVENDER DREAMS

If you can't stop your brain from buzzing, spritz (8) **Yardley Lavender Spa Refreshing Body Spray**, £2.95, onto your pillow to help calm your mind. According to research, lavender oil naturally suppresses the central nervous system so helping you to relax and sleep soundly. Or spray (9) **Molton Brown Sleep Mist**, £25, around the bedroom – the bergamot relieves stress, while ylang-ylang helps lower blood pressure to send you into the dream zone. If you need something stronger, pop a couple of **Kalms** tablets, £4.09 (kalmsstress.com) – made from purified plant extracts they soothe away the stresses of the day to ensure you get a restful night, but without leaving you groggy in the morning.

10 CHILL OUT

Although you may love a hot-water bottle or a cosy electric blanket, make an effort to cool down before you sleep. A drop in body temperature before you go to bed triggers the brain that it's time to switch off and sleep, ensuring you nod off more quickly and enjoy a restful night. The ideal temperature for a bedroom is 18°C/65°F for deep, undisturbed sleep. Also try to leave a window ajar for good ventilation. □

WORDS: JESS HENLEY. PHOTOGRAPHS: RETNA, CAMERA PRESS, STUDIO 33. FOR STOCKIST INFORMATION, SEE ADDRESS BOOK.

