

# Chasing the sun

While most of us love soaking up the summer sunshine, be it at home or abroad, in the heat of the moment it is all-too-easy to neglect our body and leave our skin to suffer. We turned to the experts at The Luxury Gap beauty salon in Haslemere for top advice about how to look after your skin before, during and after your summer holiday...

## BEFORE

**Skin brushing:** Giving skin a daily brush will significantly improve tone, helping to banish cellulite and boost cell renewal for smoother, softer, more radiant skin. Use gentle circular movements, brushing towards the heart. For best results, use your skin brush before you shower.

**Salt scrub:** Salt scrubs can be used to stimulate circulation and promote cell renewal, encouraging glowing skin from the inside-out. Apply to damp skin in gentle circular movements, concentrating on particularly dry areas such as the elbows. Rinse off thoroughly in the shower.

**Moisturise:** Restore and rejuvenate skin after exfoliation with a deeply nourishing moisturiser. ESPA smooth and firm body butter contains larch extract to help firm and smooth, while pumpkin seed extract enhances elasticity and helps diminish the appearance of stretch marks.

## DURING

**Sun protection:** Limit your exposure to the sun and ensure you have the right suntan lotion for your skin, providing adequate protection against both UVA and UVB rays.

Apply your sun lotion at least 20 minutes before you head out into the sun to allow

your body time to absorb it properly. Don't forget to reapply after swimming or contact with water.

**Keep cool:** ESPA's cooling body moisturiser is a new lightweight summer soother. Ideal for sun-parched or sensitive skin or tired, achy areas, it contains a unique cooling menthol complex, plus Vitamin E-rich sunflower seed concentrate to instantly hydrate, revitalise and replenish. After sun exposure, simply massage onto skin in light, upward, circular movements. Keep in the fridge for an extra cooling boost.

## AFTER

Dry, sun-damaged hair? ESPA's iconic pink hair and scalp mud is perfect for repairing dried, damaged hair and has even been known to help soothe sunburnt skin. Massage into scalp and through damp hair, then leave for 20 minutes, or overnight if you prefer.

Purchase any of the ESPA products named in this article before the end of September 2015 from The Luxury Gap beauty salon in Haslemere, quoting 'Life in Haslemere' and take home a complimentary limited edition ESPA beauty bag worth up to £50 containing a tailored selection of ESPA products, providing your complete skincare solution.

The Luxury Gap, The Old Gables, Lower Street, Haslemere, Surrey GU27 2PD, 01428 645300, [theluxurygap.com](http://theluxurygap.com)

ESPA cooling body moisturiser

ESPA smooth and firm body butter



ESPA pink hair and scalp mud



Amy Murphy-Watts of Nature's Wish (Photo by Sarah Sheldrake)



## Working in harmony

The benefits of massage to both the body and mind are widely known, but the natural power of flower essences certainly less so. We turned to Amy Murphy-Watts, founder of Liphook-based Nature's Wish, to discover more...

### Boundless benefits

Massage can help alleviate pain and stimulate the lymphatic system, thereby enhancing the immunity system. It can help stretch weak or tight muscles and increase joint flexibility, and can also help tissue regeneration, reduce spasms and cramping and improve circulation.

Massage has also been used to treat depression and anxiety. Many studies have documented that massage therapy can have a beneficial effect. It is thought that massage can help reduce the cortisol levels (stress hormone) and helps to increase serotonin and dopamine levels which can in turn help to reduce depression.

### Striking a balance

Flower essences can also offer support in emotional issues. They work by enhancing our positive qualities, bringing us back from our negative to our positive to restore our natural balance.

Flowers and plants naturally uplift us with their colour, scent and beauty, so it makes perfect sense to harness their energy and take it internally or topically to help deal with various states of emotion, such as grief, anxiety, depression, fear, lack of confidence and difficulty in sleeping.

### Hand in hand

At Nature's Wish, I practice massage and flower essence therapy. But often in a massage treatment I use both.

Usually, essences are prescribed as an oral tincture, but can also be used topically to get into the body systems that way.

When I massage, I use specific essential oil blends, and combine them with the flower essences as I progress through the treatment, finishing with a spritz from the energy sprays which also contain the flower essences.

The two therapies complement each other enormously. Add in a little Reiki too and the treatment becomes one of great holistic benefit, alongside the physical benefits of the massage.

*Nature's Wish is a range of beauty products containing flower essences and essential oils, using only naturally-sourced ingredients.*

*Janey Lee Grace, the number one ambassador for heart-centred businesses in the UK, recently awarded Nature's Wish her 'Janey Loves' Accreditation.*

Nature's Wish, 01428 725519, [natureswish.co.uk](http://natureswish.co.uk), @NaturesWishUK