



Beautiful Summer

By Sarah Clark

The beauty companies love to tempt us with new, exciting things ready for the summer...and launch glamorous advertising campaigns designed to lure us into buying pots and potions guaranteed to make us belles of the beach.

What do the experts make of the latest crop of beauty and health wonders though? And what are they destined to be packing in their own hand luggage to ensure they stay ahead of the game on holiday?

We asked experts in beauty, health and hair care what their safe bets were for summer 2008...and for fun; we also wanted a nosey at their iPod summer playlists...

My own favourite 3 products?

1. Simple Aftersun Lotion with insect repellent – how good an idea is this? You cover yourself in sun cream during the day, and at night when the mozzies are out in force, you get to soothe your skin and repel critters as well.

2. Compeed Blister Plasters – I just walked the Race for Life – they may not be glamorous but when you have been walking all day, or wearing your heels to impress, you'll be glad you packed them.

3. Benefit Dandelion – OK, I know this isn't a new product but I never go anywhere without popping it in my case. Great for the 'morning after night before' pale faced look!

My Summer Playlist?

Dodgy

Staying out for the summer

Zoe

Sunshine on a rainy day

Boo Radleys

Wake up Boo

Shanice

I love your smile

Isley Brothers

Summer Breeze

■ Jessica Hopper

Jessica Hopper is the Beauty Editor for handbag.com. As well as attending new product launches, poring over beauty and hair trends, keeping a watchful eye on celebrity hair and sampling blissful new spa treatments, Jessica spends her time trying out every product under the sun. She has a make-up collection to rival Boots and, according to her soon-to-be-hubby, the messiest, most cluttered dressing table in the world. Jessica says:

"Both temperatures and hemlines have been rising of late. That's right, ladies, summer has finally arrived! Hurrah! And with it comes a gorgeous new array of shimmering shades, hot hues and juicy textures from the

beauty world you'll want to get your manicured mitts on. It can be tricky to decide what to buy when you're on a budget – so to make life easier, here's my top three summer beauty must-have items."

1. Benefit Posie Tint – "The new Posie Tint from kitsch beauty brand Benefit is like its counterpart's sweet little sister – perfect for kissing cheeks with a cheery pop of summer pink. It blends to perfection on any complexion and lasts longer than your average summer romance."

2. Leighton Denny Nail Polish in Juicy Fruity – "Sandal season is upon us, so make sure your tootsies are up to scratch by slicking nails in the hottest shade of the season. This new Juicy Fruity hue leaves toes looking like they've been dipped in sunshine."

1. Ice Cream Lip Balms – "These new Ice Cream Lip Balms are as cute as beauty comes! A pack of four yummy flavours; strawberry, chocolate, bubble gum and mint choc-chip to leave your lips deliciously kissable all summer long."



Jessica's Summer Playlist

Blur

Girls and Boys

Stereophonics

Bank Holiday Monday

Gabriella Cilmi

Sweet about Me

The Ting Tings

Shut Up

Girls Aloud

Can't Speak French



■ Ashlene McCormack

Ashlene McCormack is the founder of Perfect Make-Up 24/7. Her number one top tip for summer is to get your eyebrows in shape:

"Eyebrows are 'in' this season, and I believe that natural, striking brows are essential, as they often make your face look striking without make-up. Therefore it's ideal to get your brows done before your hols, so it is one less worry whilst you're away."

Her top three products for summer are:

1. Dermalogica sensitive skin face block SPF25 - We all know about the damaging effects of the sun and as an older woman I suffer from pigmentation which means I'll look blotchy and pigmented if I don't take care.

2. A great pedicure before I go - and some Aveda Foot Relief or Creative Cucumber Heal Therapy to maintain the benefits."

3. Dior Addict Lip Gloss No 337 - "a beautiful natural lip gloss that looks great in summer. Its shimmery peachy tones go with everything."

"Can I have 4 things? Because I can't tan my face naturally I always use **St Tropez Mousse** to tan my face. I keep trying other products but nothing matches up to this for colour intensity and longevity. My eyebrows and eyeliner are there permanent, thanks to permanent make up, so I can just add a dash of mascara and lip gloss to be good to go."

Asleyne's Summer Playlist

Isley Brothers

Summer breeze

Will Smith

Summertime

Bill Withers

Lovely day

Salsa music

Alicia Keys (new album)

As I Am



■ Louise Van der Velde

Louise Van der Velde is a regular face on GMTV. The

Pleasure Professor', as she is known, uniquely uses a combination of the latest healing therapies and mind techniques combined with incredible psychic abilities. Louise's three best health and beauty products will definitely be:

1. My sun cream - "as I live a lot in Spain."

2. Green barley grass - "I mix it with juice every morning, and it tastes disgusting and looks even worse but it clears the toxins and supports my ongoing mission to keep in shape."

3. My yoga mat - "I don't go anywhere without it!, I know I sound boring but you can be sure I'll also be the one dancing on the bar top all night, the difference is I know the tricks to avoid the hangovers the next day."

Louise's Summer Playlist

A relaxing meditation CD

Celine Dion

I'm alive

A Michael Bolton selection

■ Rachel Holmes

Rachel Holmes is one of the UK's leading fitness, health and wellness trainers. She teaches regular fitness and fatloss bootcamps classes, and provides workshops and courses nationwide for fitness instructors. Rachel says that her top three products would have to be:

1. Dove Summer Glow - "The best tanning body lotion on the market as far as I am concerned and I've tried them all! It has the best colour and the nicest smell."

2. Twinning's Green Tea - "Ditch caffeine this summer and get into green tea. It

speeds up the metabolism and has amazing cleansing properties."

3. My skipping rope – "Skipping is the quickest way to increase your fitness and stamina levels. Try skipping fast for 30 minutes, then stopping and marching for 30 seconds. Repeat as many times as you can. Aim to work your way up to 10 minutes."

Rachel's Summer Playlist

The Beach Boys

Good Vibrations

Reverend and the Makers

Heavyweight Champion Of The World

Madonna ft. Justin Timberlake

4 minutes

The Ting Tings

That's not my name

The Mamas and the Papas

California Dreamin'



Marc Ramos

Celebrity stylist Marc Ramos is the 'it' celebrity hair colourist of the moment, and he's also consultant colourist for Naturtint. Marc's top three summer hair selections are:

1. Naturtint Hair Colour – "Summer is the perfect time to dabble with a new do. Naturtint is an extra gentle, part-organic hair dye with NO parabens, ammonia or resorcinol – meaning that you get the most vibrant fabulous colour, in the gentlest way."

2. Bumble and Bumble Brilliantine – "A fabulous hair shiner and softener. In summer's heat hair can sometimes look dull and lacklustre. This nifty hair miracle gives moisture, separation and dazzling shine to hair – and leaves it smelling divine!"

3. Shu Uemura Satin Design – "It's a lightweight blow dry lotion made with white tea that polishes hair with a lustrous satin finish. Perfect for banishing frizz and creating smooth sleek styles"

Marc's Summer Playlist

Madonna

Give It To Me

Kylie

Wow wow wow

Hercules and Love Affair

Blind

Kate Bush

Running Up That Hill

Blondie

Atomic



Amy Lydall

Amy is a Bach Flower Remedies practitioner who runs a private practice based in Surrey. She is thinking ahead to her August Maldives honeymoon when she gives us her low down on perfect summer products:

1. Bach Original Flower Remedy Crab Apple – "It's the remedy for body confidence and helps me feel that little bit better when I am feeling self conscious on the beach in a bikini".

2. Amicare Amica Cream "I am always walking into tables and bruised legs are not great now that the tights are coming off and we are all reaching for the cute summer dresses."

3. Spatone 100% natural liquid Iron supplement "In the summer time I tend to be more active so I need all the energy I can get!"

Amy's Summer Playlist

Billy Ocean

Get Out Of My Dreams

Wham

I'm Your Man

Tracey Chapman

Fast Car

T-Rex

20th Century Boy

Queen

Don't Stop Me Now



Sarah Clark runs
www.relentlessly-positive.com
a website dedicated to encouraging
a more positive outlook on life.