



# MISSED A BIT

By Sarah Clark

When you're pampering yourself ready for the grand summer unveiling, some parts of your body always seem to get overlooked! Sarah Clark pays attention to detail....

## On Hand

It's easy to take your hands for granted, but they will just retaliate by showing your age if you don't look after them. Harsh detergents, constant washing and everyday getting on with things tend to leave all but the most looked after paws looking a bit frayed around the edges. Guinot Longue Vie Mains is a deliciously decadent solution which uses anti-ageing skincare ingredients and UV filters to prevent brown spots and wrinkles as well as moisturising and protecting your hands.

For an effective high street solution, Simple Derma Intensive Relief Hand Cream works miracles on skin that's very dry, sensitive or prone to itchy irritating conditions such as eczema and dermatitis. It promises instant soothing effects and long lasting care that will calm and help relieve irritated skin.

If nails are your bugbear, and you can't stop biting, a new product from Boots may be the answer to a nail biter's prayers. Three weeks of painting Boots Expert Nail Biting Solution onto what's left of your nails should see you kicking the habit – and then you can top them



off with a home manicure – apparently the latest look for nails is short and square (just as well for those of us who can't grow our nails.) Keeping your nails short makes them look better and can help them grow faster. Try keeping them under control with a Crystal Nail File – they have a super-fine filing surface that gently shapes the nail, leaving a smooth clean edge. And because they're made from glass, crystal nail files don't wear out! Pop some Itzy Bitzy nail colour on – available in tiny bottles because we all know that we never get to the bottom of a bottle, and that's your hands beautified...

## Giving dry skin the elbow

Moving further down – hands up who forgets their elbows? Lift up your arm and feel your elbow right now, is it perfectly smooth or could it do with a bit of TLC? If you're a self-tanning addict, elbows and knees are the areas that will go wrong if you haven't been looking after them – we've all had 'orange elbow' and it's not a great look!

So, what to do?

If you want to go up market, a gorgeous rough skin solution that's ideal for elbows and knees is the gentle but effective Floris Invigorating Body Polish. Organic olive and sesame oils moisturise and soften your skin, while a blend of oatmeal, rice bran wax and seaweed smoothes away dead skin cells. Peppermint and lavender essential oils add to the effect. Your elbows will love you for it!

Medical Nutritionist Naomi swears by essential fatty acids to deal with dry skin from within. She says:

*"Dry skin problems can occur anytime throughout the year, and can be difficult to alleviate by just applying creams. Dry and bumpy skin on the back of the arms is a sign of potential essential fatty acid (EFA) deficiency. Dry hands and feet, along with a variety of skin disorders including eczema and psoriasis can be eased by making EFAs part of your beauty routine. As well as helping your skin health they also keep your skin soft and youthful. Try taking a really good combination of Omega 3, 6, 9 oils every day with meals. "I suggest taking two or three Solgar Omega 3,6,9 capsules a day – they are a high quality combination of cold pressed fish, flaxseed and borage seed oil - all the essential fats you need"*



For anywhere that needs extra attention, I love the sound of Organic Gunge by Charles Jordi. It was originally designed to be a hand cream for a desperate bride who needed

to turn her professional gardening hands into something worth photographing - and has since been a staple for gardeners, horsewomen, builders, yachtsmen and farmers, all of who punish their hands on a daily basis.

Now Organic Gunge is used all over the body to treat rough skin on legs, knees and elbows. It works wonders on chapped lips, as an intensive moisturizer for wind-burnt skin, and after sun.



### Proper knees up!

Hiding under jeans all winter, our knees tend to get a bit of a raw deal. Hands up who's guilty of only moisturising halfway up their legs, especially when they aren't on show? It's usually calves and shins that get the dreaded dry skin, so it's easy to remember to pay them some attention - but your poor knees don't respond well to neglect. Ouch.

Calendula has been used for centuries to help restore skin to its usual radiance and help smooth sore rough skin. Nelsons Calendula cream is easy to find in chemists or independent health stores.

### Something's afoot

A feature on neglected areas wouldn't be complete without looking at our poor tootsies. If your feet are a hidden nightmare, pretty them up and keep them soft with Carnation Cracked Heel Cream, which removes any rough dry skin from your heels in just a week! The cream leaves your feet soft and supple and smelling of peppermint, I know it's not very glamorous, but if you suffer with corns - Carnation Corn Caps are clinically proven to blitz painful corns on your feet in ten days...

Compeed blister patches are the perfect cure to feet that are suffering from high heels! They soothe blistered feet and feel almost like a second layer of skin - which means you can keep the killer heels on for longer. Talking about high heels, one of the most innovative inventions for sore feet (one that any self-respecting shoe girl will thank

the Lord for) is the Gel Doctor Forfootsache - inspired choice of name there. The Forfootsache is a gel filled insole which sits inside your favourite shoes and gently massages the base of your feet stimulating blood and oxygen flow. They are great if you suffer from backache, sore and burning feet. And a great for summer is - keep them in the fridge!



Mira Britton, Holistic Therapist and Reflexology Practitioner knows why we should pay our feet more attention:

"We often take our feet for granted and very rarely give them the attention they need, so give them a treat and try reflexology. It gives your feet a fantastic relaxing deep and helps blood circulation - and it also helps calm and relax the mind and body

"Reflexology isn't a miracle cure but it can have a powerful healing effect by rebalancing your body and helping alleviate stress. All the organs of the body are mapped on the feet and during a treatment a Reflexologist will

be able to feel where the body is out of sync and will work appropriate reflex points to help bring the body back into proper balance.

"A reflexologist will pick up on any problems you have with your feet and can give you advice on working on the reflex points of the feet and hands. My tip - working around the thumb or big toe represents our head and brain so working this area will help alleviate headaches, stress and worry and can also help balance hormones!"

Sarah Clark runs  
[www.relentlessly-positive.com](http://www.relentlessly-positive.com)  
a website dedicated to encouraging  
a more positive outlook on life.

## Are you perfect? No..?

Because nobody's perfect 100% People caters for the needs of real individuals. Check out:

[www.100percentpeople.com](http://www.100percentpeople.com)

Society does not always cater for the needs of those who are classed outside the 'norm' - whatever that is! For example you don't have to be just a large frame but if you are seven feet tall you might have a rough ride when travelling with limited legroom and if you have large feet it can be hard to find shoes to fit. For all of these people and more, we provide support, advice and information, which is why we are called 100% People!

So, log on, shop, chat and discover. It's all at 100% People and it's free to join, so what are you waiting for?!



### 100% Shopping

The shopping zone – find and buy clothes that actually fit from over 200 stores

### 100% Community

The Community and Discussion Forum – get support advice and make friendship with like minded people who know first hand what they are going through

### 100% People

The Blog – get Help & Advice plus Health & Beauty offers from our large and fabulous resident writer, Daisy



...because nobody's perfect