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latest make-up features

SUMMER BEAUTY: WHEN TO SPA AND WHEN TO SAVE...

By [Annabel Meggeson and Jessica Matlin](#)
(/find/(term)/Annabel Meggeson and Jessica Matlin)

When summer hits, so does the temptation to embark on a major beauty overhaul. All of that freshly exposed skin needs to be buffed and brightened, toned and tanned. But ticking off all of those boxes at the spa or salon can cost as much as your holiday, so this summer, be choosy about what you splurge on.

"You can get real results from at-home spa treatments," says Soli Davis, a Manhattan-based beauty therapist and spa consultant. But

on the flipside, Davis admits some services are best left in the hands of professionals. Read on below for how to shop the spa menu selectively.

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PAGE 1

Skin

Warmer weather and brighter skies call for lighter, sheerer make-up, so prioritise skin in the run up to summer. While some at-home kits that contain retinol and glycolic acid can deliver, 'home microdermabrasion kits are usually a paltry substitute for the real deal' says Davis.

She recommends you get your complexion clear and glowing with a rejuvenating facial that purifies, brightens and adds radiance to the skin. At the Amanda Lacey Clinic in London, savvy regulars are

already booking their annual Pink Treatments, which use fruit enzymes to peel off a layer of dull, wintry skin. (Naturally, it's their most popular treatment for summer.)

If you can afford it, follow their lead and book a similar treatment with a reputable beauty therapist who can determine your individual needs, perform a service that makes a visible difference, and clearly instruct you on how to maintain that glow.

Tanning

As for fake tans, a professionally applied bronze always looks best, says Davis. But the jury's still out on whether it's worth getting an in-salon scrub first. With an amazing range of scrubs available to buy, some beauty aficionados swear there's no better place to get smooth than in their own bath-tub or shower. 'A perfectly thorough exfoliation can improve the look—and longevity—of your tan,' says Davis, so do this bit yourself and you can invest your pennies in a tanning professional instead. We've yet to find anything that betters the St Tropez Spray

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ELLE hot 10

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...ne tone and depth are realistic, it rarely streaks and all the therapists are
 ...should get a good result wherever you go.

...hat improve circulation or lymphatic drainage are also sound pre-holiday
 investments, as they can temporarily reduce the look of cellulite. A good, 90-minute massage
 ...ile – provided the therapist has experience and comes recommended (an
 Lacoste
 effective massage has nothing to do with the number of scented candles they're burning in
 Spring/Summer...
 the room).

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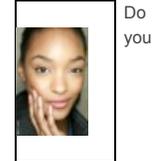
OPINION poll



Yes
 No

SUBMIT

Previous Poll



change your face cream in the winter?

You said:
34% YES
66% NO

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ELLE TV beauty school

Click here to get tips on all of the hair and make-up looks you want this season



MORE make-up & skin

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| <p>MAKE-UP TRENDS Bronze Goddess (/beauty/make-up-skin/make-up-trends/(section)/bronze-goddess) Bronzer is a girl's best friend all summer long and it's the way you wear it that really matters. Too...</p> | <p>MAKE-UP FEATURES Summer's Hot Nail Shades (/beauty/make-up-skin/make-up-features/(section)/summer-s-hot-nail-shades) When it comes to nails this summer, anything goes. The season's spectrum of 'it' colours mean...</p> |
| <p>LUNCHTIME BUYS Bobbi Brights Palette, £49 by Bobbi Brown (/beauty/make-up- buy-bright-palette)</p> | <p>ALL MAKE-UP Protect & Perfect Intense Beauty</p> |



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[skin/lunchtime-buys/\(section\)/bobbi-brights-palette-49-by-bobbi-brown](#)
Ok, so you may be used to Bobbi's ever flattering nude eyeshadows, lipsticks and blushers but this...



[Serum. £19.75 for 30ml, by No7 \(/beauty/make-up-skin/lunchtime-buys/\(section\)/protect-perfect-intense-beauty-serum-19.75-for-30ml-by-no7\)](#)

No 7 has done it again. They have taken their Protect & Perfect Beauty Serum (remember the one...

UK spa guide

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what are you looking for?



<http://www.elleuk.com/beauty/Expert-Tips>

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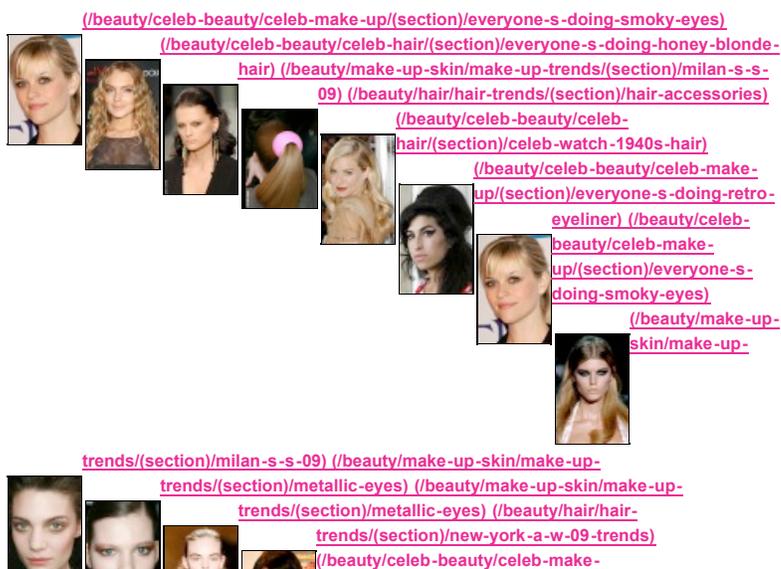
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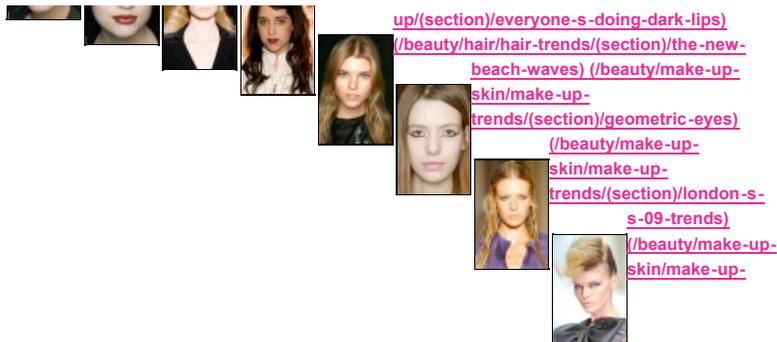
ELLE forums

- [The perfect red lipstick \(from Elle mag last month\) \(/Forums/Beauty/Make-Up/the-perfect-red-lipstick-from-elle-mag-last-month\)](#)
Hi i had a makeover last week, the girls used this lippy, it was lush and and definately works for me. Have bought the red since - so lush.
[\(/Forums/Beauty/Make-Up/the-perfect-red-lipstick-from-elle-mag-last-month\)](#)
- [The perfect red lipstick \(from Elle mag last month\) \(/Forums/Beauty/Make-Up/the-perfect-red-lipstick-from-elle-mag-last-month\)](#)
The lipstick was Rouge Unlimited Lipstick in RD 165. £18 by Shu Uemura. ELLE says it 'looks good on everyone'. [url=http://blogs.elleuk.com/anna...
[\(/Forums/Beauty/Make-Up/the-perfect-red-lipstick-from-elle-mag-last-month\)](#)
- [in need of some advice \(/Forums/Beauty/Make-Up/in-need-of-some-advice\)](#)
Hi there, Starting up a make-up bag is quite daunting as there are so many brands out there. It is worth investing a bit of money in some things...
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- [foundation for very pale/pinkish skin \(/Forums/Beauty/Make-Up/foundation-for-very-pale-pinkish-skin\)](#)
thankyou for the help :) i will keep it all in mind when buying my new foundation!
[x \(/Forums/Beauty/Make-Up/foundation-for-very-pale-pinkish-skin\)](#)
- [Skin pigmentation \(/Forums/Beauty/Make-Up/skin-pigmentation\)](#)
Hey, it really depends on how much money you want to spend... If you go to a M.A.C cosmetics counter and get them to colour match you in concealer...
[\(/Forums/Beauty/Make-Up/skin-pigmentation\)](#)
- [foundation for very pale/pinkish skin \(/Forums/Beauty/Make-Up/foundation-for-very-pale-pinkish-skin\)](#)
Hey, I'm also really pale and it sounds like i have similar skin to you. In Selfridges there's a new brand called Illamasqua, their foundations ar...
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