

Lashings of sun

It goes without saying that you should always use a good natural sun cream and you should always cover up at the hottest parts of the day.

However, for those moments when the intense sun has caught you by surprise, always keep a good natural after-sun on hand, to soothe away the heat.

If you're already in a hot country, then you can try cutting off an aloe vera leaf and apply the exposed fleshy part directly to the skin for immediate relief.

Once home, try running a tepid bath and add a cup of apple cider vinegar to ease the stinging. Add 15 drops of lavender essential oil, to help repair sun damage, and 1 tbsp of almond oil, to moisturise the dry skin.



Skin Repair

Once the inevitable skin peeling commences, it's important to scrub with an exfoliating shower wash – or use a body brush or even a towel. Make sure you moisturise thoroughly afterwards with a natural body lotion or oil. Remember, chemical-based lotions may dry the skin even more. Keep rooms moist, especially in winter, by placing bowls of water by radiators or use a humidifier.

Get plenty of sleep as cellular repair is at its greatest when you are at rest and use a good organic cleansing balm which is rich in nourishing oils. Once a week use a facial mask to remove dull, dry surface skin cells.

Face Facts

Put a natural glow back into your face by trying this home remedy.

For normal skin types, mash the flesh of half an avocado, massage into face and neck. Leave for 15-20 minutes then rinse and moisturise.

For dry skin, add 1 tbsp Manuka honey to the avocado mash and use on same day.

For a quick fix, use a five-minute mask from Natural Elements to relieve dry skin and aid rejuvenation.

Holiday Hair

Hair that has been sun and sea-drenched can become dry and unmanageable. Apply extra conditioner and sit in a sauna for maximum benefit.

Use Green People Vitamin Conditioner, which contains aloe vera and avocado, to recondition your hair and nourish the scalp.

Home recipe: Jojoba oil lubricates, improves shine, restores damaged hair, strengthens the hair shaft and treats scalp

Staying skin tact

Basking in the hot sun, splashing around in the water and enjoying the bare minimum of attire for body and feet are just the recipe for a perfect summer. But, unfortunately, the after-effects of sun, sea and a little over-exposure can often take their toll on your hair, skin, face and feet.

Sarah Heenan, of lucyrose.biz, has put together a totally natural recovery programme to ensure that all the best bits from the summer are left intact and to demonstrate that your body will thank you for going natural!



Sarah Heenan (left) is a natural beauty therapist with more than 15 years' experience. She is co-founder of the organic beauty boutique, www.lucyrose.biz, a Hereford-based business which offers an extensive range of respected organic and natural beauty brands.

imbalances. Massage into hair and scalp, cover with a plastic shower cap or plastic wrap and a warm, damp towel. Leave for 30 minutes to allow oil to penetrate the hair shaft. Rinse and then shampoo.



Happy Heels

The soles of your feet often tell a sorry tale at the end of summer, mainly due to wearing flip flops and sandals.

Always file heels at least once a week to remove any dead, hard skin. It is very important to moisturise afterwards with a rich foot cream such as the Natural Elements Luxury foot cream, which contains geranium to soothe and soften tired feet. Soaking feet for 15 minutes in a hot foot bath with 2 tbsp of bicarbonate of

soda, followed by a good moisturising works wonders.

Alternatively, mix ¼ cup of olive oil and 2 tbsp of apple cider vinegar, then massage into feet and leave overnight. To soften and whiten heels, halve a lemon (squeeze out any excess juice) and sprinkle with sugar. Place on the heels for five minutes.

Wake up to winter

It's really important to care for hair and body post-holiday so that skin is prepared, refreshed and full of energy, ready for the winter ahead.

Natural beauty treatments use a combination of organic raw ingredients with healing essential oils and natural active ingredients to effectively ensure that your skin is nourished, rejuvenated and ready for action!