



**OIL CHANGE**

Sun-parched bodies will benefit from a few drops of oil, whether applied to shower-wet skin or hair, added to your everyday moisturiser or used as a leave-in hair cream. A little goes a long way – mine last for up to a year – making these great value for money in the long term.

1. **Phyto Huile Supreme**, £26.50, a super-rich oil for very dry hair. Also look out for **Phyto Huile Soyeuse**, £26.50, for fine, dry hair. Add two or three drops to damp hair before drying for instantly softer, more controllable hair
2. **ILA Body Oil For Inner Peace**, £48, non-greasy and loaded with argan and rosehip seed oils – the perfect sundowner for skin
3. **Caudalie Polyphenol Detox Oil**, £29, is lightweight, doesn't feel sticky and helps to repair sun-damaged skin

**BEAUTY**

**BEAUTY INSIDER**



Holidays can be good for you but they can be bad news for your hair and skin. Our beauty editor has all the help you need to repair and rejuvenate on your return



**MIRACLE-WORKING MASKS**

The first thing I do when I get back home after a beach break is check my hair into rehab, which means using a monthly or weekly mask every time I shampoo. The best do not need to be left on for minutes as they are often water activated, depositing their ingredients as you rinse. These three really will work wonders:

1. **John Frieda Full Repair Deep Conditioner Mask**, £6.29
2. **Pantene Expert Collection Advanced Keratin Repair 2min Restorative Masque**, £6.99
3. **Trevor Sorbie Frizz Free Repair Mask**, £5.99

**NOTES FROM ABROAD**

Even if the holiday is long over, you can instantly recapture the memories and mood with one whiff of a beach-inspired scent. Along with the obvious fragrances named after holidays, look out for notes such as sea spray, ozone and coconut to remind you of sun-warmed skin slathered in sun cream.

1. **Estée Lauder Bronze Goddess Body Splash**, £56
2. **Bobbi Brown Beach**, £48



**GLOW GETTER**

Ideally, post-holiday bodycare should also be about showing off your hard-earned golden glow and what better way to do it than with a soft shimmer, tinted serum that also moisturises and smells fabulous? My all-time favourite for legs is **This Works Perfect Legs Skin Miracle**, £37, visit net-a-porter.co.uk, which gives brilliant results on arms and shoulders, too.

