



Keep on glowing

Relaxing, pampering spa treatments to recapture that holiday feeling

DELICIOUS DELIGHTS

Elemis Exotic Coconut Rub and Milk Ritual Float, £75 (elemis.co.uk)

This exotic therapy begins with a sumptuous application of flower-infused body oils, followed with a heavenly massage using a Balinese-inspired coconut and lavender scrub and continues with a warm milk bath being poured across the entire body. After nestling in a dry float wrap your skin is cleansed, your face and scalp are gently massaged and your body is smothered in a hydrating body balm.

Try at home:

- Philosophy Coconut Frosting Salt Scrub, £20 (hqhair.com). Polishes and moisturises skin with refreshing sea salt and delicious coconut extract.
- Hei Poa Monoï Tahiti Aux Fleurs moisturising body oil, £9 (hqhair.com). Stimulates the senses and rehydrates post-summer face, body and hair.

ISLAND INDULGENCE

Ligne St Barth Pureness facial, £85 (heidiklein.com)

Originating from the Caribbean, the Ligne St Barth products used in this soothing facial leave skin with a clear, smooth and fresh appearance, while promoting a deep state of relaxation. Face, neck and décolleté are massaged and treated with natural products containing complexion-enhancing ingredients such as sea water, mango butter and papaya. The treatment ends with a nourishing hand massage using a moisture-rich banana hand cream.

Try at home:

- Ligne St Barth Mango Butter Cream £60 (lignestbarth.com). This lightly whipped moisturiser nourishes and maintains the appearance of luminous summer skin.
- Burt's Bees Beeswax & Banana Hand Creme, £9 (hqhair.com). A hydrating blend of banana, almond oil and aloe vera.

BEACH BENEFITS

Lava Shell Massage, from £50 (royaldayspa.com and salons nationwide)

Sourced from the sun-kissed shores of the South Pacific, the warming shells used in this relaxing massage are heated using a combination of lava gel and natural sea minerals. Applied to the body using gentle strokes, the smooth surfaces and contoured shapes of the shells glide smoothly over the skin, helping to ease muscle tension and rebalance both body and mind.

Try at home:

- Lava Shell Homecare kit, £29.95 (sharedbeautysecrets.com). Bring 'shell therapy' from the beach to your home with this pampering set that contains massage oils and shells.
- Crabtree & Evelyn, Triple Milled Soap, £8.50 (crabtree-evelyn.co.uk). This pretty shell-shaped soap cleanses, moisturises and triggers holiday memories.

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