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SEASON 7



AMERICA'S NEXT
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CYCLE 15



CRIMINAL MINDS
SEASON 6



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Autumn beauty regimes

Stay protected

To keep your skin in tip-top condition through autumn/winter, use a moisturiser with a SPF 15. Covering your skin with a generous layer will keep you protected from the elements come rain, wind or snow. We recommend you try [Daily Essentials Light Moisturising Day Cream](#) or [Daily Essentials Rich Moisturising Day Cream](#) – its new formula includes SPF15. And for under £4 it's a bargain!

Image 1 of 10

Next Super soft skin



Image 1 of 10



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Super soft skin

Keep your body silky smooth with a rich indulgent body lotion. There's no excuse, just because you're covering up and hiding yourself behind layers of clothes, doesn't mean that your skin should be neglected. Get yourself lathered up with [NIVEA Irresistibly Smooth Body Lotion](#) - enriched with Shea Butter for beautifully smooth skin and you'll have wonderful feeling skin throughout the autumn months.

Image 2 of 10

Next Making faces



Image 2 of 10



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Making faces

There may be harsh weather ahead, so it's about time you start getting your skin into training. We recommend you use a moisturising face mask once a week to help combat dry skin during the cold weather. Try using [NIVEA Creme](#), apply generously all over your face it works wonderfully as a moisture boosting face mask - we like!

Image 3 of 10

Next Water works



Image 3 of 10



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Water works

The best way to beat the moisture zapping qualities of central heating and air con is to keep yourself topped up with plenty of water. Don't forget to drink at least six glasses of water throughout the day. And don't stop there, [NIVEA VISAGE Aqua Sensation Day Cream](#) is great for hydrating your skin, keeping it feeling fresh all day long. It's a great little skin booster!

Image 4 of 10

Next Lip-tastic



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Lip-tastic

Don't let your lips feel the affects of the end of summer. Ladies we want you puckering up this autumn – leaves falling from the trees, walks in the park, it's the most romantic season - so be prepared! [NIVEA Lip Essential Care](#) will nourish your lips back to their kissable best with its hydramine and grape seed extract...

Image 5 of 10

Next Feed your face



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Feed your face

Eat good fats to keep you skin in tip-top condition and help protect against the elements. We recommend omega 3 rich fish, avocados and plenty of olive oil. [NIVEA VISAGE Q10 Plus ANTI-WRINKLE Day Cream](#) with SPF15 will help battle sunlight induced ageing.

Image 6 of 10

Next On the move



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On the move

Just because it's getting dark earlier, doesn't mean you should hibernate. Get out in the park for a quick jog or strap on those roller blades. Once you get those endorphins buzzing you'll be leaping towards Christmas. Whilst exercising remember to use a great protective deodorant. Pearl & Beauty spray will keep you protected and help feeling glam whatever you are up to.

Image 7 of 10

Next Scrub up



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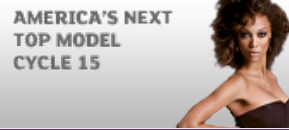
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Scrub up

Don't forget to exfoliate to avoid dull and grey winter skin. We recommend [NIVEA VISAGE Natural Beauty Radiance Boosting Scrub](#) with Mango Milk and Cashmere Proteins, it smells delicious. And for an all over scrub, treat your Body to [NIVEA Radiantly Smooth Body Scrub](#) you'll feel fabulous afterwards!

Image 8 of 10

Next Days of our lives



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Days of our lives

Snuggling up on the sofa should be for strictly for evenings only, get out and reap the benefits of natural daylight, but remember to use a good deodorant such [NIVEA Calm & Care Spray](#) as it not only offers great 24 hour protection to keep you confident all day, but it also cares for your underarms after shaving.

Image 9 of 10

Next Layer up



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Layer up

Protect your body by making sure you cover up in lots of layers to avoid wind chapping. Keep it bright and colourful to get you feeling the same way too. To sooth and relieve dry skin use [NIVEA SOS Relief Body Lotion](#) and to smooth chapped hands try NIVEA Hand SOS Balm.

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More beauty tips



Got any great tips for autumn and winter? Share your ideas on [Facebook](#).



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