



Bronze Goddess

Add a touch of Bondi to your summer beauty regime, says Naomi Majid.

Golden beaches, café culture, fabulous spas... swap a bit of Cymraeg for the French lingo and the only big difference between South Wales and the South of France is the St Tropez tan. Let's face it, pasty white is never going to be a good look. The

good news is that bagging yourself a radiant sun-kissed look these days doesn't involve frying yourself in baby oil down on Swansea Bay.

With superb spray tans available and whiff-free self-tanning and bronzing

products reaching new heights of sophistication, a youthful tan is easier and safer than ever. But how do you navigate the jaw-dropping brazen beauty ranges without the future turning orange? It's easy when you know how...

FOOLPROOF BRONZING

This summer, **Ruby & Millie** have come up with a funky all-in-one bronzing kit containing a highlighter, low lighter and matt bronzer along with a chunky brush. We think it's a bargain at **£14**. Available from *Boots, Swansea*.



Tinted moisturisers can often be a disappointment but here's one that



does what it says on the tube. **Super Restorative Tinted Cream by Clarins (£38)** has radiance-boosting pigments that smooth fine lines and give skin a fresh dewy glow, plus it's got mineral filters and SPF20 to protect your skin from those ageing UV rays. Available from any good department store. (Call **0800 036 3558** for stockists).

Also on our radar this season is **Clarins' Summer Fever** range, which includes a must-have **bronze**



waterproof eyeliner (£12.50) and a gorgeous ultra-sheer limited edition **sun palette, (£25)** which gives a luminous glow.

Estee Lauder have pulled out all the stops with their **Bronze Goddess** range. With a potion for everyone from fair maids to Bondi babes, their piece de resistance is the **Luminous Liquid Bronzer (£20)** which gives a sun kissed shimmer to face, shoulders and



décolletage. The pure colour nail lacquer in limited edition **Bronze Goddess (£12)** is on our wish list this season. And finish off your high summer look with the **Zero Smudge Lengthening Mascara (£14)**.





TANNING TIPS

EXFOLIATE

Whether you're off to be sprayed professional or are opting for the DIY method, a successful fake tan is all about exfoliation and moisturising. Slough off your dead skin – either by dry brushing or using an exfoliating product in the bath. We love **Soft Cow Body Gel Exfoliator** from the therapeutic Cowshed spa range. With orange blossom and essential oils it

leaves your skin silky smooth, (£35, www.cowshedonline.com).

PRE-MOISTURISE

Don't believe anyone who says you don't have to moisturise before fake tanning. Banish the possibility of streaks and patching by moisturising before you reach for the magic bronzing potions. This isn't time for an expensive lotion though, try baby oil.

AFTERCARE

Moisturise, moisturise and moisturise. And when you hop out of the shower don't rub and scrub with your white towel, believe us, you'll regret it! Body oils are hot this season –

Dr.Hauschka's organic range is one of our favourites. Available in everything from zingy lemon to relaxing lavender and skin-rejuvenating blackberry, they cost £18 each and we know you'll love them. *From selected department stores and also from the Natural Beauty Clinic in Glais, (01792 849053).*



HEAVEN SCENT

Perfume designers are taking inspiration from flowers and the Mediterranean this season, with citrusy scents and floral blooms a bounding. Here's our pick of the best...



1 Calyx by Prescriptives, 15ml £23 Summer freshness in a bottle with the perfect blend of citrus and sweet notes **2 Eau de Camille** by Anick Goutal, 50ml £39 Exquisite green and floral fragrance perfect for summer days and nights **3 Rose** by Paul

Smith, 30ml £24 An ultra modern and ultra feminine floral fragrance in an Art-Deco-style bottle **4 Falling in Love** by Philosophy, £32 A crisp beautiful scent that reminds you of the first flush of Love! **5 Issey Miyake**, 125ml £32 Zesty and smooth – Issey

Miyake re-invents his summer scent for men **6 Aqua Pour Homme Marine**, 50ml £36 Grapefruit and neroli meet rosemary and white cedarwood – a gorgeous masculine scent

BEAUTY BUZZ

Find out what's new at Swansea's beauty hotspots...

Add some colour to your hairstyle at **Park Avenue (01792 474849)** where this season's special offer gives you £10 off a colour on Tuesdays, Wednesdays and Thursdays.

Our vote for the best bikini wax in town this summer is the **Blue Lagoon (01792 464178)** which offers a range of beauty treatments from Botox to body massages.

Shine Hair & Beauty (01792 323332) is the place to go for a gorgeous Suntana spray tan. At just £20 per session it's a quick and easy way to look bronzed and beautiful for a special occasion.

Beauty emporium, **Biomorphic, (01792 461461)** continues to offer yummy pampering treatments in its Uisce spa alongside its hair salon. Their latest special offer is professional tooth whitening – and at £199 per person or £389 for a couple it's enough to make you smile like a star.

Talking Heads, (01792 459826) known affectionately as TH, is offering free consultations and colour advice this season. With TIGI and Bed Head products and offering student discounts, this salon takes a modern approach to hairdressing and is well worth a visit.

New kid on the block, **Head Candy** – the GHD salon in Ammanford, **(01269 596868)** is famous for its fab own brand products and super colour team. This summer it celebrates its first year of business so customers should look out for a party and maybe

some special offers too.

Friendly community hair salon, **House of Style (01792 203783)** is now offering the Goldwell Brilliance range designed to add shine to coloured hair.

Loved for its full quota of savvy senior stylists and great customer service including a wide range of drinks, **Visage (01792-643245)** will be promoting the new GHD Mark 4 limited edition black or white straighteners this summer. Tick that you've told a lie and you get the black and vice versa for the white. We're betting the black ones fly out of the door. Shhh don't say we told you!

Tying the knot this summer? Look no further than **Esprit (01792 202143)**, top of the tree for occasion and wedding hair. And if you fancy some tousled lengths, they specialise in hair extensions too.

West of the bridge, **Salon Siriol (01970 828385)** is on our radar this season. Offering relaxed hair styling it's open three mornings a week – Tuesday, Thursday and Friday.

And, last but not least, we're loving **Be... Nails and Beauty** the still relatively new but rapidly growing chain of beauty salons. Look out for the exclusive range of quality beauty products on offer and excellent spray tan treatments. After starting with a salon in the city centre **(01792 468 105)** the owners have since opened Be... in Sketty **(01792 206 090)** and Be... in Killay is on the way.

“TALKING HEADS, KNOWN AFFECTIONATELY AS TH, IS OFFERING **FREE CONSULTATIONS AND COLOUR ADVICE THIS SEASON.**”



ON THE GO

Eco-conscious travellers can now pamper themselves with Florame's new Organic Travel Kit (£11.99) the ideal accessory for the overnight or long-weekend traveller. The three 50ml bottles in a chic, reusable, waterproof case are perfect for current airport security restrictions as they're all less than 100ml.





SUN PROTECTION

Remember, even when you're beautiful and bronzed you still have to protect your skin. Look for products with high SPF factors. You can also try the recently reformulated **Prescriptives Super Line Protector X** – known in the beauty world as a miracle in a bottle. A super cocktail of antioxidants help defend your skin against free radicals making it a great pre-moisturiser base. From **£35** for 30ml it is available at all good department stores.

If you do find that you've gone a little red in the sun, the foolproof beauty miracle remedy from **Dr Hauschka** are the **rhythmic night conditioner**. These dinky ampoules are perfect for refreshing stressed out skin and work well after flying too. (From **£20** for 10 ampoules at the Natural Beauty Clinic, **(01792 849053)**).

SUMMER TRESSES

Mark Hill's hot looks for the season...

Alongside the polished rock crop and plaits, tousled beach waves remain a firm favourite this year. The style works as a surfer girl look for the beach or a sexy look for the bar. Spray through the roots with Mark Hill Holiday Hair Dry Shampoo for an instant hair detox and run through with a wide tooth comb to distribute the product. Roughly section the hair and start to twist with a small amount of Mark Hill Holiday Hair Stay Straight Shaping Polish. Gather the hair into a bun at the back and leave for a few minutes. Release and gently start to separate with the end of the comb and using a little more shaping polish define the lengths through the front sections to create a soft frame around the face.

Fabulous holiday hair – top tips

- Protect your hair and scalp with an SPF spray
- Cleanse your hair daily especially if you've been in the swimming pool
- Massage your conditioner into your scalp to ease sensitivity and irritation
- Apply an intensive conditioning mask when you bask in the sun – when you rinse it off in the evening your hair will be super glossy
- Go for easy loose sexy styles that stay looking good all day

