

Daily Record

RDWOMAN Tuesday, April 29, 2008

will ease stress away

yourself in to the Spa at Cameron and you don't just get a treatment, give a complete relaxation experience from start to finish.

Along the scenic route as you head to the banks of Loch Lomond is a great ever in itself.

It is three kilometres from the House, good is

by a corridor and wing - the fitting to pamper

a spa day and you arrive some before

cluded sent so you up the

re.

is include a hydro pool, tepidarium, i, sauna, infrared sauna, steam bath and rooftop infinity pool, which boasts

ing scenery.

ll that, I was more than prepared for my

assage, a full-body treatment.

rapist Abi began massaging my back

ider oil, which has a calming effect and

ation. Then it was on to my shoulders,

ision was kneaded away.

s were next, then my feet. As I turned

ask was placed over my eyes, then my

ids and scalp were treated to some

issaging.

ards, I was lead to the Relaxation Area

rd room with a dim red light and beds

with plush duvet covers and scatter

There I relaxed until it was time to go

so difficult to prise myself away...

a treatment or to join, call 01389 755

it www.devere.co.uk

Aroma Massage
The Spa at Cameron House
Loch Lomond
Dunbartonshire
G83 8QZ
Duration: 50 minutes
Price: £80

By Laura Coventry

BY SAMANTHA BOOTH

AFTER many years juggling modelling, acting and motherhood, Lisa B is the perfect person to put together a 21st century guide to help women live life to the full.

And that's exactly what she has done in Lisa B's Lifestyle Essentials.

The Vogue cover girl shares advice and industry secrets to help women take charge of their lives.

So, as summer is just around the corner, we asked Lisa to put together her top 10 tips for getting ready for the sun.

START A FITNESS PROGRAM

Spring is here; it's an inspiring season to get yourself into shape and firm, tone or burn off those extra bits you may have accumulated over the winter. As the weather gets nicer, try walking as much as you can throughout the day. Invest in a skipping rope, which helps speed up your heart rate and burn lots of calories.

EXFOLIATE

As the weather gets warmer, we wear less clothes and, as such, expose more skin.

Model turned actress Lisa B reveals her tips for getting the body beautiful as the weather gets warmer and people spend more time out in the sunshine

Smiles better...
Lisa B has plenty tips for shining this summer



Looking good for summer



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Remove dead dull skin cells by performing an all-over body scrub with an exfoliant. I give myself a good scrub about once a week.

PROTECT YOUR FACE

More than anything, as the weather gets warmer and my face is more exposed to the sun, I try to protect it from harmful rays. I use a moisturiser with a minimum of a 15 SPF for daily use. I cleanse my face in the morning, apply the moisturiser, let it set and then apply any make-up I might wear.

PROTECT YOUR LIPS

We so often forget our lips need protecting - but believe it or not, the sun can do damage to them too.

MOISTURISE YOUR BODY

Now that your skin is soft, hair free and tanned, you've got to moisturise. I use two products. On a daily basis, I use Body Shop's Vitamin E Body Lotion all over my



body when I get out of the bath and when I want a bit of extra gloss or shine.

PEDICURE THOSE FEET

An absolute must for summer is a pedicure. I love looking down at my clean and newly groomed nails.

FACE MASKS

I find that wearing sunblock on my face can sometimes block pores, so about

once every two weeks I apply a face mask at home. My favourite time to do a face mask is when I am having a long, relaxing bath.

SWITCH OVER YOUR SEASONAL WARDROBE

Gradually start packing away your winter wardrobe to make room for your summer outfits. I start with coats and heavy jumpers. I protect my coats by



zipping them into protective clothing bags so they don't get eaten by moths or get too dusty.

UNDERGARMENTS

Invest in a selection of nude underwear and knickers. Summer clothes can often be a bit more see through or revealing, so it's best to wear underwear that is not visible through your clothing, but also protects you from revealing anything else.

HAIRCARE

Sun can also damage your hair, as can chlorine in pools and swimming round at the beach. I make sure I give my hair some extra conditioning time each week. Again, it's something I do while lounging in the bath. I wet my hair and apply a deep conditioner, which I allow to soak in for the duration of my bath. I use Shu Uemura's Silk Bloom treatment for damaged hair. If you have highlights, the sun can make them go brassy as well, but applying a toner to your hair will cancel out the brassiness. This should be done professionally, though. I have it done about every six weeks - it takes about two minutes to apply, five minutes to set, then a wash and dry.

● Lifestyle Essentials is on sale now, priced £12.99 (Icon Books), www.lifestyle-essentials.com

'A pedicure is a must. I love looking down at my newly groomed nails'

award-winning beauty products up for grabs

over a week ago, 300 of most influential names in beauty industry gathered at the Sheraton Hotel, London, for the third annual Cosmetic Executive Women (CEW) UK Awards.

celebrate the Award Winners, CEW offering one lucky Daily Record a chance to win a selection of the



Defence Wrinkle Delay, Clarins walked away with the prestigious Best Iconic Beauty Product and Best New Sun Product (Prestige) with their After Sun Replenishing Moisture Care, giving them a total of seven awards since 2006.

Coty Inc won their second award for Best New Women's Celebrity Fragrance by Sarah Jessica Parker with Coveet.

And first time entrant Urban Retreat won two mass market awards; Best New Brand

BEAUTY INSIDERS' CHOICE

WINNER

COSMETIC EXECUTIVE WOMEN UK

2008

Terms and conditions: Competition closes at noon on Thursday 1 May 2008. BT landline