



Amy Packer

Our beauty editor sees which exfoliating cleansers scrub up best and



Remember those cheesy ads from the early 90s which asked "Why take two bottles into the shower when you can use one?". Two-in-one shampoo and conditioner combos might have bitten the dust in the popularity stakes years ago, but personally, I'm all for multitasking when it comes to performing my ablutions. To that end, I've decided that

shower gels that double up as exfoliants are fantastic when it comes to labour saving. They're gentle enough to use on a daily basis but still manage to make your skin feel fabulous – without leaving your shower slippery and gritty. **Rescue Beauty Lounge Spiced Floral Exfoliating Body Wash (£34.20; 0870 350 2390)** has a pleasant, spicy scent but a very

watery consistency that I just didn't like. It runs off the skin too quickly and rinses away in seconds so you barely have time to let the product work its magic. The bottle's label may be paper, but it's been designed so that it doesn't flake and peel away unattractively if you leave the bottle standing in the shower. **5/10**

Tea Tree Sensitive Exfoliating Cream Wash (£2.49; Superdrug) is meant to be used mainly as a face wash but I find that it works well for buffing the body if you need to get rid of old skin that blocks pores and causes you to suffer with spots on your back, neck and arms. The scent of tea tree is a little medicated, but it has fantastic antiseptic properties and doesn't remain too heady after it has been rinsed off. Great for teenage skins. **7/10**

Naked Rice in the Buff Exfoliating Body Wash (£3.99; 020 7584 4344) feels like it isn't doing anything at all – there are only one or two beads in each handful of the lotion, but I was surprised to find it did leave my skin feeling smooth, with a healthy sheen. The makers explain that this is because it contains rice hulls, which soften on contact with wet skin so they exfoliate without feeling scratchy. **7/10**

The Sanctuary Body Scrub (£4.50; Boots) uses orange and patchouli oils to cleanse the skin while natural pumice gets to work to leave it smooth and healthy looking. It isn't too gritty but it does feel like it's getting the job done. If you've ever visited the Sanctuary spa, this scent will transport you back there instantly. **8/10**

Origins Fretnot Body Buffing Cleansers (£13.50; 0800 731 4039) is a sticky, gloopy product which proves to be a fantastic pick-me-up for first thing in the morning – thanks to the heady, enlivening cloud of orange and lemon essential oils which it releases. The wash contains an abundance of crushed apricot seeds, jojoba beads and carnauba, which get to work quickly and really made a difference to the annoying little bumps that I get on the backs of my arms. **8/10**

S MAGAZINE FAVOURITE

Decléor Gel Douche Exfoliant (£25; 020 7313 8780) is a deliciously scented exfoliating shower gel that has a creamy consistency and smoothes away old skin without feeling too abrasive. Its fragrance is unisex so you don't have to worry about buying a separate bottle for your other half. The price is high, but it's a fantastic skin treat. Use daily and you'll have the hide of a newborn in no time. **9/10** ☺

discovers the best way to deal with dandruff

Treatment of the week

Jo Malone Express Facial
My days usually involve tidying the house, getting the kids to school and myself on the train to work, and an afternoon of relaxing and pampering is about as unusual as Coleen going sales shopping. So I was excited to hear that Jo Malone now does an "express" version of her

luxurious facial for those with less time to spare. It lasts 30 minutes, just about enough time to squeeze into your lunch hour or a quick dash between school runs. After a 10 minute consultation to determine my skin's needs I was wrapped in a cashmere blanket and the pampering began. An avocado cleansing milk was applied to my "city skin" followed by a facial massage to boost circulation. Aromas of orange and geranium filled the room

while a neck and shoulder massage completed the relaxation process. This was topped off by face refining serum made from botanical extracts before a protective SPF lotion was applied. I floated back to work in a state of such relaxation I felt like I really had spent the whole afternoon being spoilt.

Jane Woods

The Jo Malone Express Facial is available from June 1, priced £65. Call 020 7720 0202 for your nearest salon.

BEAUTY COUNTER

Have trouble drifting off at night? Check out this pretty **fragranced eye-pillow (£14.95; 0208 960 9333)**, part of the Chinese Leaves collection from funky accessories label Brief & Sassy. It's filled with lavender to help promote relaxation and restful sleep.



The perfect... clear scalp

Dandruff can be embarrassing and distressing but it needn't be a long-term problem if you follow

a couple of simple rules, says expert Emma Edmonds, head & shoulders dermatologist.



- It's important you carry on washing hair regularly – three to four times a week. Dandruff isn't the same as a dry scalp, it's caused by a yeast called malassezia which likes an oily environment.
- Your scalp is part of your skin, which is the biggest organ on the body. You need to be well generally to have good skin – too much alcohol and smoking can affect it. People often find that when they're run down or stressed they will get a flare up in their dandruff.
- Where possible, try to use a conditioner which is anti-dandruff as a non-medicated product can wash away the beneficial effects of anti-dandruff shampoo.
- If your normal anti-dandruff products aren't working, it's worth consulting a doctor as you may have something other than dandruff, such as eczema or psoriasis.
- Head & shoulders stylist Ken O'Rourke says some hairstyles can minimise the appearance of dandruff. "The less severe the hairdo you have, the less scalp will be showing. For summer the most prominent styles are ponytails, texturised so you don't see the scalp," he says. Using too much finishing product will also irritate the scalp and make dandruff worse.

Tools of the trade

Head & shoulders Smooth and Silky Conditioner (£1.79); Bands (£1.75; Boots); Redken Solve Anti-Dandruff Shampoo (£8.95; 0800 444880); Nizoral anti-dandruff shampoo (£5.75; 0800 032 8258); Kerastase Spécifique Bain Clarifiant (£11; 0800 316 4400)

