

# Ultimate Beauty Essentials

Are you ready for the festive season? Want to look fresh and radiant for the barrage of parties ahead? We have the top inner and outer beauty essentials to keep you looking dazzling this month.

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## Choose rejuvenating skincare

Want a luxurious, rejuvenating cleansing cream to gently and effectively remove make-up, nourish skin and boost radiance? Try Elemis Pro-Radiance Cream Cleanser. It contains the antioxidant moringa seed peptides to protect and purify, great burdock to balance the oil flow, and noni, high in vitamin C and minerals, to nourish the skin. 'Superberry' assai fruit is rich in minerals and vitamins, which give the skin instant radiance. The active herbal and plant extracts of sweet Brazilian orange, lavender, ylang-ylang and patchouli keep your skin soothed, balanced and beautifully scented.

Want a beauty product so advanced and so natural, it mimics the skin's own function and transforms your complexion in just two weeks? Try Elemis Pro-Collagen Marine Cream. This high-performance cream draws its powerful rejuvenating properties from the marine algae Padina Pavonica, Porphyridium Seaweed, Chlorella Seaweed, Absolutes of Mimosa and Rose and Ginkgo Biloba liposomes that enable deep penetration of moisture into the skin. These ingredients stimulate cellular renewal, hydration, elasticity and antioxidant protection. It is a must-have for radiantly beautiful skin, especially during the party season! ([www.elemis.com](http://www.elemis.com))

## Embrace a natural face lift

Ready to turn your back on the frozen face look? Try nature's alternative to botox called the Heaven Bee Venom mask. Hailed as 'the royal face lift' and 'absolute organic face lift in a jar', it has taken the celebrity world by storm. It contains manuka honey, renowned for its soothing properties, and a magic 'bee venom' ingredient that works to control the



facial muscles for an immediate lifting, tightening, firming and smoothing out of frown lines and wrinkles. Thinking it is under threat the skin is 'fooled' into releasing collagen, elastin and cortisone as a natural defence, thus smoothing and tightening the skin all day. It also contains softening and calming shea butter, rose and lavender oils that leave you looking youthful. ([www.heavenskincare.com](http://www.heavenskincare.com))

Note: A patch test is recommended. The product is not suitable for anyone with a bee sting allergy!

## Revive your body and mind

Need a good pick-me-up after a party? Try BioCare Refresh. This delicious, replenishing vitamin and mineral powder, with a base of natural freeze-dried apricots, is your perfect morning antidote to a heavy night out. Refresh will do exactly as its name suggests – it will refresh your mind, body and energy levels. ([www.biocare.co.uk](http://www.biocare.co.uk))

## Glow from within

Want a smoother, clearer, more glowing complexion? Try The Ultimate Beauty Collection from Viridian Nutrition, comprising the Ultimate Beauty Complex Capsules, Ultimate Beauty Oil and Ultimate Beauty Topical Skin Repair Oil.

- Ultimate Beauty Complex Capsules is a synergistic combination of vitamins, minerals, plant extracts and phytonutrients, which support the structural integrity of healthy skin, hair and nails. These ingredients also support cellular detoxification pathways that help give the skin an extra glow.
- Ultimate Beauty Oil is a delicious blend of cold-pressed hemp, flax, pumpkin, avocado and evening primrose oil that makes a wonderful internal moisturiser. Mix it into



smoothies or salad dressings.

- Ultimate Beauty Topical Skin Repair Oil is a blend of soothing and replenishing organic rose hip seed oil and jojoba. This delicate, nourishing and easily absorbed skin therapy oil can help with the appearance of uneven skin tone.

The Ultimate Beauty Collection also includes a 40-page Ultimate Beauty booklet with advice and recipes from experts to help boost a youthful glow from within, well into the New Year. ([www.viridian-nutrition.com](http://www.viridian-nutrition.com))

**Note:** Always consult your doctor before changing your diet and carefully read all the supplement instructions. □

With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

