

RECLAIM THE BEACH!

Confidence in who you are is the most attractive beach accessory. Whatever your size or shape, follow *Catherine Turner's* five simple steps to looking and feeling great beside the seaside



Get your mind right



Our logical minds tell us that being a size 8 is not a prerequisite for feeling great on the beach – yet most of us have an inner body critic. You know, the voice saying ‘my thighs are too wobbly for those shorts’. Trouble is, negative feelings about our bodies feed into how we present and hold ourselves. ‘If you are self-conscious, your shoulders will probably hunch forward, affecting your posture and breathing,’ says wellness and skin health expert Marie Reynolds (mariereynoldslondon.com), adding, ‘Confidence in who you are is the most attractive beach accessory.’

ACCEPT YOURSELF Every time you catch yourself listening to your inner critic, change the story. Start to accept that perceived imperfections make us who we are, suggests Marie: ‘I see lots of bodies in my work and each one tells a story. Some women carry the scars of a Caesarean, or stretch marks from childbirth or weight fluctuations. Well, to me that just shows me they have lived!’ **THINK POSITIVE** You can achieve this new attitude through positive visualisation, says Katie Light,

let the words come up naturally – for example, happy, glowing, smiling – and write them down. Picture yourself feeling like this and make a moodboard to match.’ Get creative, putting your words alongside images from magazines which strengthen this positive image – an outfit you love, beach landscapes, a photo of yourself happy on holiday.

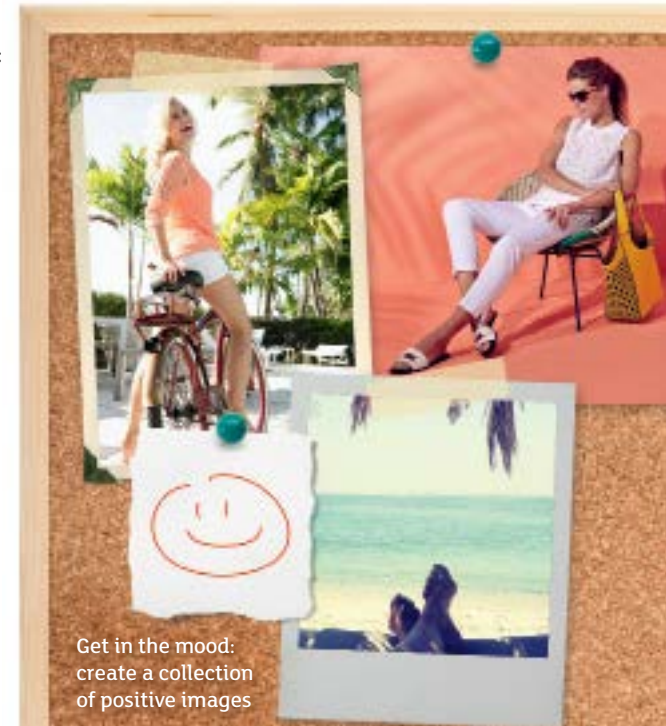
To get it in your mind’s eye as much as possible, pin your board up and snap it on your phone, while putting in place practical steps to make it real. The more you have this image in your mind, the more incentive you have to take care of yourself, which feeds into your mental state so you will radiate your best self. ▶

Catherine Turner (above) has been a health and beauty editor for over 25 years, working at various glossy magazines including *Marie Claire* and *Easy Living*. She is a committed yogi, having practised for 15 years, and is a 200-hour Yoga Alliance- and British Wheel of Yoga-registered teacher, holding regular classes in London.

Catherine fully embraces a ‘beyond beauty’ approach, believing that our lifestyle choices and how we feel about ourselves feed into how radiant we look. She believes a slick of lipstick is as important to self-esteem as exercising, and what we put into our mouths matters just as much as what we smooth onto the surface of our skin (and vice versa).

CAROLINE BARNES, MAKE-UP ARTIST: **‘Wearing a bikini is a state of mind. I focus on the fact that I have a healthy body, not a perfect body. I take a deep breath for the initial day of exposure, then get on and enjoy the holiday.’**

a therapist who uses this method with massage, reiki and neurolinguistic programming to tackle her clients’ body issues (thelighttechnique.com). ‘Ask yourself how you want to feel on the beach:



Get in the mood: create a collection of positive images



Show your skin some love

REBECCA HOPKINS, CO-FOUNDER OF BALANCE ME: 'Boost circulation in your legs before bed by putting them up a wall for up to 10 minutes, then let them hang down over the side of the bed. It gives a rush of blood to your toes.'

Soft, glowing, sun-kissed skin is an easy win – before you jump in the shower each morning, scrub your dry skin with a body brush. This stimulates the lymphatic system, boosts circulation, and firms and tones skin. 'Use two brushes for speed and brush in the direction of your heart,' says Rebecca Hopkins, co-founder of holistic beauty brand Balance Me.

Go for deeper exfoliation twice a week by using a good scrub. **Sanctuary Spa Cooling Glacial Scrub [1]**, £8 (sanctuary.com), is great value and delivers a tingling jump-start; while **Balance Me Super Toning Body Polish [2]**, £18 (balanceme.co.uk), is good for the cellulite-prone, with essential oils of juniper, geranium, lavender and bergamot – known for their tightening properties.

TRY SELF-MASSAGE Follow your exfoliation with massage to improve muscle and skin tone, suggests A-list body therapist and Sanctuary Spa skincare expert, Nichola Joss: 'Massage improves circulation, helping speed up the skin's cell renewal process, which becomes firmer and more hydrated. Muscles relax, but also strengthen, to help give you a more toned silhouette.'

Use firm upward strokes – again, in the direction of your heart. Try **This Works Energy Bank Body Makeover**, £32 (thisworks.com), an easily absorbed rev-up blend of nourishing rosehip and zingy citrus essential oils, or **Aromatherapy Associates Renewing Rose Body Cream [3]**, £36 (aromatherapyassociates.com), with the softening

properties of rose and geranium oils. Add a shot of **Clarins Radiance Plus Body Golden Glow Booster [4]**, £26 (clarins.co.uk), to start building up sun-kissed colour. Give feet a little TLC with **Margaret Dabbs Fabulous Feet Intensive Treatment Foot Oil [5]**, £22 (margaretdabbs.co.uk), formulated to nourish dry soles.

TREAT YOURSELF Research shows that professional massage releases uplifting endorphins, plus revealing your body in a 'safe' spa setting will help you feel happier in your own skin. Look for treatments that incorporate 'mind/body' techniques such as Bowen, reiki or aromatherapy. This month, **Aveda** launch their **Beautifying Body Wrap**, £89 for an hour (aveda.co.uk), a lush cocooning session to encourage diaphragmatic breathing (most of us chest-breathe, which contributes to the 'unconfident' slouch), with the soothing power of rosemary, lavender and bergamot. You'll leave gleaming and hydrated down to the toes, as it includes a delicious foot massage.



Play with make-up

There's nothing we like more than a good browse at airport duty free, so we've selected the products we can't wait to experiment with on holiday. Make-up at the beach? Absolutely – just keep your skin looking natural. 'I loved the look at the Preen fashion show by make-up artist Val Garland,' says Anna-Marie Solowij, co-founder of beautyMart. 'Mainly because of the freckles, but also the glossy skin and light bronze used on cheeks, eyes and lips.' Try **House Of Glam Dolls Glambase Wheel 1**, £25 (thisbeautymart.com), to get the look. Wear sun protection underneath – try **Clarins Sun Wrinkle Control Cream For Face UVB/UVA 30 [1]**, £19.50 (as before) – or even and protect with an all-in-one, like **La Roche-Posay Anthelios XL SPF50+ BB Comfort Cream [2]**, £16.50 (laroche-posay.co.uk).



GO BRIGHT Colourful accents look great against glowing skin. 'Painted nails add a glam touch – but forget natural shades, brights look prettier in the pool,' says make-up artist Caroline Barnes. The latest poster-paint opaques give Hockney-esque glamour in bright sun – try **Chanel Le Vernis in 565 Vibrato [3]**, £18 (020 7493 3836), a brilliant blue, or go for soft aquas such as **Bourjois Paris 1 Seconde Nail Polish in 50 Blue Lagoon [4]**, £5.99 (bourjois.co.uk).

GIVE IT SOME LIP A pop of colour on the lips balances out your face in big glasses and a hat. Keep the texture opaque and pigment packed (gloss is too much in the sun). Try **Clinique Pop Lip Colour and Primer in Poppy Pop [5]**, £16 (clinique.co.uk) – a hot red.

LONG-LASTING LASHES Skincare expert and body therapist Nichola Joss dyes her lashes so that she doesn't need to wear mascara and eyeliner. If this is a step too far for you, try waterproof mascara – a make-up artist favourite is **Max Factor Masterpiece Waterproof Mascara [6]**, £9.99 (maxfactor.co.uk), or **Estée Lauder Little Black Primer [7]**, £20 (esteelauder.co.uk), which is long-lasting on its own or can act as a water-resistant top coat to any mascara.

Lastly, spritz on **Elie Saab Le Parfum Resort Collection [8]**, £47 (hof.co.uk) – figgy and citrusy, it softens on skin to the warm, sun-kissed scent of neroli. ▶



RUBY HAMMER, MAKE-UP ARTIST: 'Sisley is my luxury sun-protection choice. I also love sun-protection oils that add a sheen, which looks great in the sun. The Bioderma and La Roche-Posay ones are great value, especially at French pharmacies.'



4 Learn to let go

Some of us find it hard to relax, even when we're on holiday. If you have a frantically busy life at home, it can be difficult to just switch off and do nothing – even though you know it'll be good for you. Why not try yogic meditation and mindfulness techniques to maximise self-esteem, relaxation and pleasure?

If you're wired-yet-tired, try a session of Yoga Nidra – also known as 'yogic sleep'. It usually takes the form of a 20- or 30-minute guided session you do lying on your back. It puts you into a deep state of relaxation, leaving you feeling rested and at peace. Regular practice helps you learn to focus the mind, preparing it for meditation. US clinical psychologist and yogic scholar Richard Miller is renowned as the 'teacher's teacher' – download an MP3 of

BRIDGET WOODS KRAMER, YOGA TEACHER AT TRIYOGA:
'Our enthusiasm for life is more important than shape and size. Repeat the mantra "swah-hah" – it means "I surrender all my negative thoughts and embrace the divinity that is me".'

Switch off: yoga can help maximise self-esteem, says Catherine (pictured)

his *Resting In Stillness: Yoga Nidra* for \$9.99 (around £6.50) from irect.us.

GIVE MEDITATION A GO Being away is the perfect time to learn to meditate. A great book to take on holiday with you is *Meditation For The Love Of It* by Sally Kempton (Sounds True, £17.99). It's full of inspiration and practical information, with simple exercises you can have a go at as you relax on the beach.

BREATHE EASY Simple yogic exercises can improve our breathing and posture. 'Try downward-facing dogs, a few twists and backbends to open the heart centre,' suggests Bridget Woods Kramer, a teacher at Triyoga (triyoga.co.uk). These poses lengthen the spine and lift the rib cage off the hips, opening the chest and shoulders so we appear taller and more open, with a graceful posture. Opening the chest at the heart centre can also help us reconnect with our natural inner state of joy. 'Try stretching off the end of the sunlounger to do this – you'll feel more vibrant and alive,' says Bridget.

PHOTOGRAPHS: BENOIT AUDUREAU; CAVAN IMAGES/OFFSET; GETTY IMAGES; NEWS SYNDICATION; @SEASONS/AGENCY/MICHAEL REH; STOCKSY

Wear what you want, but wear it with style...

Dressing comfortably is crucial to feeling at ease and this summer there is plenty of choice, says Alyson Walsh, fashion stylist and author of *Style Forever* (Hardie Grant, £12.99). 'I love all the 1970s-style maxi dresses and kaftans at Roberto Cavalli,' she says. 'That look is always good for getting to and from the beach while feeling comfortable.'

And if you think you're too old for a bikini? 'I'm a firm believer in wearing what you like, whatever your age. Helen Mirren looks fantastic in a bikini and she's just turned 70,' says Alyson. 'I'm 51 and I still wear bikinis.'

FIT IS KEY Whether you go for a one- or two-piece, fit is the key, says make-up artist Ruby Hammer: 'Badly fitting swimwear shatters your confidence – a great bikini gives you a boost. I wear Brazilian brand Vix (vixpaulahermanny.com), and also Violet Lake London (violet-lake.com), because you can buy different sizes for the top and bottoms. Don't be in a rush when choosing – take your time.' And it's worth searching out and spending on a beautiful cover-up to wear to lunch. Ruby recommends Biondi Couture (biondicouture.com), but there are lots of lovely designs available on the high street, too.

- 1 Hat, £20 (phase-eight.co.uk)
- 2 Swimsuit, £18, Tu at Sainsbury's (0800 636262; sainsburys.co.uk)
- 3 Dress, £55 (wallis.co.uk)
- 4 Aviator sunglasses, £50 (follifollie.co.uk)
- 5 Kaftan, £16, Tu at Sainsbury's (as before)
- 6 Bikini top, £14, and
- 7 Bikini bottoms, £12, both Oliver Bonas (oliverbonas.com)
- 8 Sandals, £69, Phase Eight (as before)

BEST FOOT FORWARD Once you have swimwear and a cover-up, think about footwear. Ruby loves colourful flip-flops by Havaianas (havaianas-store.com), while Alyson favours the hipster choice – Birkenstock Arizonas (birkenstock.co.uk). You can also find great gladiator sandals in most high-street shops.

COMPLETE YOUR LOOK A big floppy straw hat and sunglasses are the finishing touches. Ray-Ban Wayfarers or Aviators (ray-ban.com/uk) are a classic choice – they come in a range of sizes to suit different face shapes and last a lifetime... providing you don't sit on them! ♦

