

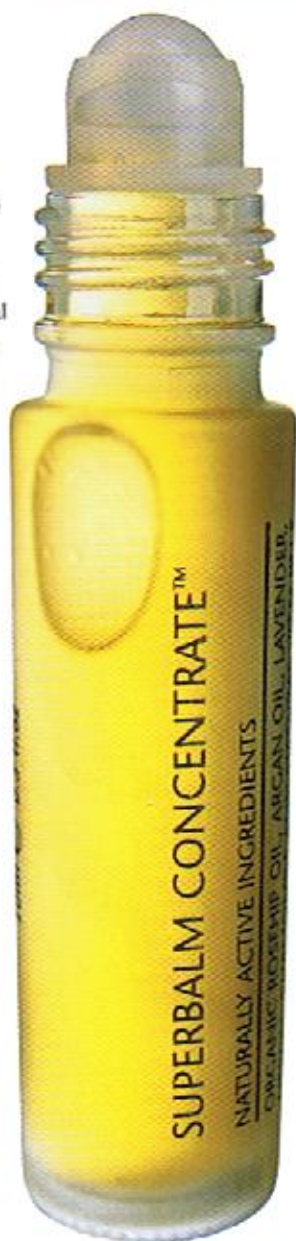
6 Heal your hands

"The herb comfrey contains properties renowned for their skin soothing and healing abilities," says Macleod. For hands that are feeling overworked and rough, massage in Organic Comfrey Hand Cream, £9, by Urban Healing (0870 111 8123). You can rub it into your nails as well to keep them strong and healthy, too.



7 Nourish at night

Superbalm Concentrate, £16.50, by Liz Earle (01983 813 913), is a liquid version of the original balm loved by Mena Suvari. Smooth over your skin at night to allow the potent ingredients to work, including argan oil, rich in vitamin E, to protect against environmental damage, and organic rosehip oil to heal and rejuvenate.

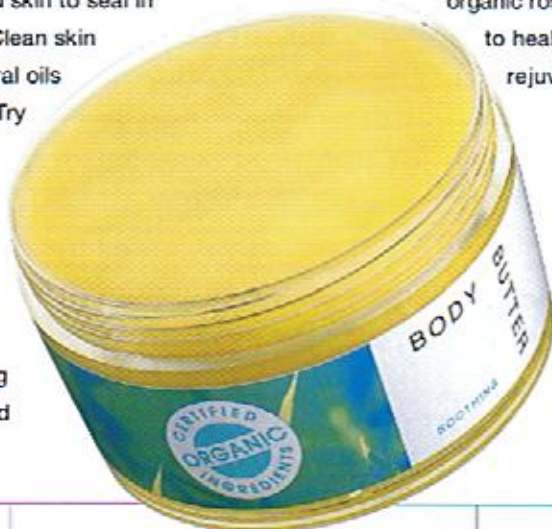


8 Cure your cuticles

Beeswax, an ingredient in Lemon Butter Cuticle Creme, £4.95, by Burt's Bees (020 7359 4281), is a natural emulsifier that protects skin from dehydration. The added lemon oil strengthens brittle nails.

9 Butter up Apply body butter to just-washed skin to seal in moisture. "Clean skin

will absorb the natural oils better," says Buck. Try Soothing Body Butter, £14.99, by Green People (0870 240 1444). It contains 99.9 per cent organic ingredients, including jojoba, mandarin and hemp extract.



10 Make the moist

of it Organic Daytime Moisturiser, £19.50, by Spiezia Organics (0870 850 8851), is quickly absorbed into skin to leave it feeling nourished. The ingredients include rose petals and vanilla pods, both highly moisturising.



11 Stay calm The water in Iceland is so clean it is piped untreated into people's

homes as drinking water. It is combined with organically grown lavender and thyme in Toner, £24.50, by Taer Icelandic (01753 759 720), to calm and soften the skin. Also available at Harvey Nichols (08708 733 833).



12 Be gentle

"Avoid harsh cleansers that strip away the skin's natural, hydrating oils," says Buck. "Look for products that use mild detergents sourced from plants, oats or sugar cane." Cleansing Lotion, £10.95, by Mukti Botanicals (020 8748 9200), is plant-derived and gently removes impurities and make-up. ■

