



Alpha Keri
Body
Slimfit,
\$49.95

Dr Roebuck's
Pure Body,
\$29.95

If your skin feels oilier in the warmer months, it's because heat and humidity affect your sebaceous glands, which can lead to breakouts. That's why it's important to stick to a whole body skincare regimen and ensure your skin is clean every night before bed. According to pharmaceutical consultant Zoe Roebuck, the heat is no excuse to sidestep moisturiser. "Keeping your body hydrated helps skin stay clear and looking brighter." Choose one enriched with active ingredients to help firm the skin's surface and boost natural elasticity. And above all? Set up a simple to-do list for summer. "Keep well hydrated, cleanse and tone in the morning, put a moisturiser under sunscreen and use a serum at night," advises Roebuck.

Sisley
Intensive
Firming Bust
Compound,
\$320

Clarins
Extra
Firming Body
Lotion, \$75

Save Our Skin
by Innoxia Night
Slim, \$64.95

Palmer's
All Over
Body
Firming
Lotion,
\$7.49

