

# Your summer beauty toolkit

[Rebecca Dodd](#)

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It's time to bare that pasty skin and those neglected toes! Make sure you're prepared for summer with *Rebecca Dodd's* pick of beauty products to get you through the beach season with dignity intact...

## Sun protection

This one's a non-negotiable! If you're not wearing sunscreen on your face every day already, it's time to switch to a moisturiser with a built-in SPF that's higher than 5! I'm loving Innox's Skin Even Daily Moisturiser SPF30. Containing 'Lumiskin' to brighten and even skin tone, a vitamin C complex, vitamin E and SPF30, this baby works on all different levels, and promises to promote brighter, more even skin tone in 28 days.

It feels a little sunscreen-like on application, but is absorbed quite quickly, so you're not left with a shiny face. It also works well under makeup.

Find it at Foschini, Clicks, Dis-Chem, Edgars, Pick n Pay and selected pharmacies for R144,95 for 50ml.



## Sun care top-up

If you're in the sun for longer than it takes to walk from your car to your office, you should really be topping up on your sun protection throughout the day. If you don't want to spoil your makeup by layering sunscreen over it, you will love, love, love this product! I recently got to try INNOVATIVE SKINCARE's Powder Sunscreen and it is perfect for using over makeup or on its own.



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It's compact and comes with a built-in brush for application, so perfect for carrying with you in your handbag. It feels

in two shades: a translucent one and a bronze tint. Find out more by visiting the iS CLINICAL Facebook page [here](#).

### Sun of a Beach

In summer I like to switch over from a blush to a bronzer, to give the illusion of a healthy tan. This year I'm rocking the cheekily named Sun of a Beach pressed powder bronzer by Pure Romance. It's ever so slightly shimmery and a little goes a loooong way, so at R185 it's a bargain.

Pure Romance also promises that it works well on almost every skin tone, and it comes in a classy compact with a mirror, so you can apply it on the go. Check out the Pure Romance [website](#) to buy it.



### Touch up your toes

Although most of us love to get a summer pedi and sport the trendiest nail shades on the beach, sometimes it's nice to give the colour a break and go *au naturale* for a while. If you're anything like me, though, sometimes your toenails simply aren't that beautiful when bare.

Enter Elegant Touch's Cover Up - described as "a base coat for problem nails", this varnish smooths the surface of the nail, disguises discolouration and imperfections, and looks great on bare nails, or works as a base coat to improve the wear of nail polish. I like wearing it on its own as it's quite matte, so it looks like my nails are bare, just in supernaturally good condition!

It's just R59,95 from Edgars and selected Dis-Chems.



### Happy feet

Scrubbed feet are happy feet, so it's a good idea to buy a scrub at the start of sandal season and give your feet a once-over every week or two to keep them in prime condition. The new Pumice Stone Scrub by Italian brand Bottega Verde contains rosemary and eucalyptus essential oils is softening and cleansing - and as a bonus can also be used on your elbows and knees!

It's R48,50 from Dis-Chem.



### Bikini wax rescue

I have written about this product [before](#), but if you groom your bikini line it has to be part of your toolkit! South African product FINO Soothe is perfect for post-wax care as it helps to prevent ingrown hairs and unsightly bumps by soothing and exfoliating the affected skin.

I apply it every day after showering and have noticed a remarkable difference. It also feels light and non-greasy, so it's safe to put on right before getting dressed. This is a summer must-have! FINO Soothe is available at all Dis-Chem pharmacies and selected salons and independent pharmacies. It retails at around R65 for 50ml.



### And in case you do get sunburnt...

We all slip up sometimes and find ourselves nursing scalded skin back to life. Sometimes even protected skin can feel a little sensitive after a day of sun exposure, so it's good to have a cooling, soothing body lotion in your arsenal for such occasions. My new favourite is Freeman



not overpowering (read: it won't make all your clothes smell like it and clash with your perfume), and is incredibly comforting on the skin.

It also absorbs quickly, leaving skin feeling silky and hydrated. It's R59,95 for a giant 400ml bottle - definitely enough to last you all summer! Find it at Dis-Chem.



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## Hair trend: DIY waterfall braid

This pretty version of the traditional French braid

can be done on most hair lengths and you can even do it on yourself! Watch this video to find out how.....

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All4Women's assistant editor and fashion editor Rebecca Dodd completed her undergraduate degree in Print Journalism and her Honours in English Studies at UCT. She has worked as a writer and copy editor for a publishing house and a PR agency, but is now lucky to dedicate all her time to her passion – writing for women and for the web. In her spare time she reads (books and blogs), cooks, watches vacuous teen dramas and eats ice cream straight from the tub. Follow her on Twitter @Reberoodle.

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