

Ask The Beauty Editors



DKNY

Compiled by Jessica Hough. Photograph by Jason Lloyd Evans. Still lifes by Full Stop Photography

Q I'm fair, with freckles. Should I stay out of the sun completely? **Emily, 24**



JESS SAYS Everyone can enjoy the sunshine if you follow some rules. Top dermatologist Sam Bunting recently told me we should apply at least a shot-glass volume of suntan lotion every time we head out into the sun, and if your shadow is shorter than you, it means the sun is too high and too strong, so you need to cover up. Do it in style and invest in a statement hat. One with a three-inch brim will give your face an added protection of SPF5. If you're concerned about moles, Sk:n clinics offer a mapping service using a digital dermoscopic camera that takes pictures of all your moles, which then get sent off for analysis. Visit sknclinics.co.uk.

A sun hat gives you an extra SPF5 of protection

Q I get anxious when I fly. Do you have any calming tips? **Angela, 34**



CASSIE SAYS Try Aveda Stress-Fix Stress-Relieving Aroma, £21. Dab it on your temples for the calming fragrances of clary sage and lavender. Flying BA? Head to the Elemis Travel Spa for a Stress Away Massage at the airport. I guarantee you'll float onto the plane.



AVEDA STRESS-FIX STRESS-RELIEVING AROMA £21



PRO TIP 'The best hydrator for hair is water, and drinking water keeps your scalp supple. It's moisture, not oil, that keeps hair soft.' Philip Kingsley, leading trichologist

Q My feet are so bad I'm embarrassed to go for a salon pedi. Any DIY tips? **Fi, 31**



OLIVIA SAYS Obviously that's the therapist's job but I understand you don't want to be embarrassed. After a long soaking, do some footwork with the OPI Foot File, £34.50. Then leave on Philosophy Soul Owner Exfoliating Foot Cream, £12, overnight. It contains salicylic acid to soften hard skin. And keep feet hydrated with Pretty Feet 2 in 1 Moisturiser with Deodouriser, £5.99, which contains cationic emulsifiers that will supple up soles a treat.



PRETTY FEET 2 IN 1 MOISTURISER WITH DEODOURISER £5.99

Pretty Feet

100ml e

Q I want to go organic but I am worried I won't get the results I need. **Martha, 32**



LISA SAYS Fear not, you can be an eco-warrior and a product junkie. Now, powerful active ingredients from plants can rival the results of synthetics. Boots Botanics range uses plant extracts to combat every skin issue, and the Organic Hydrating Eye Cream, £8.99, has fast become my five o'clock saviour. Neal's Yard Remedies has a full spectrum of organic make-up, and each product is infused with white tea and vitamin E to care for your skin, too. I'm also a huge fan of Ila's hair and body products, which contain natural ingredients and are free from synthetic chemicals.



FROM TOP: ILA BEYOND ORGANIC BATH SOAK FOR PURE RELAXATION, SHAMPOO FOR REVITALISING HAIR AND BODY WASH FOR TONING SKIN £9.60 each

➔ Tweet us your questions @marieclaireuk #beautyq or contact our experts @cassiesteer_MC @lisaoxenham_MC @jesshough_MC