

# Your Essential Valentine's Day Beauty Guide!



Valentine's Day will soon be upon us. A time to show your loved ones how much you care by spoiling them with a luxurious treat and for all you singles out there this is the perfect time to get yourself pampered and ready for that special date!

There's nothing like the pressure of a date on Valentine's Day so here are my top tips to get you ready for it...



**Put your best face forward on date night** —which means well-hydrated and glowing skin. Book yourself in for a facial a week before your date, to guarantee a gorgeous look-at-me glow.

**It's time to De-bloat.** Take an Epson Salt Bath if you feel bloated. Add 2 cups of Epsom salt to your bath and sit for 10 minutes. The Magnesium in the salt helps draw toxins and excess fluid from your body.

**Now you're ready to Exfoliate-** create silky smooth skin by using a body brush every day on dry skin or a body polish in the shower. There's nothing better than having baby soft skin to touch.

**Always remember to get a great wax** – Show him how much you care by getting a bikini wax this Valentine's Day. This tip goes for men to; Hairy backs are definitely a no go if you wish to keep hold of your Valentine.

**Maximize your lashes** – long, curly irresistible lashes are one way to melt a man's heart. So be sure to book in for some semi-permanent eyelash extensions or temporary clusters for the special day.



**Soft smooth kissable lips!** Are a must this Valentine's Day! Smooth out any rough dry patches with an old toothbrush and then apply a dab of Vaseline. On the night be sure to put on your best lipstick, reds and pinks are the obvious and most seductive choice of colour this time of year.



**Make sure you apply your fragrance like a pro!** Your scent will be the lasting impression you will leave with your Valentine, so choose your fragrance wisely and make it count! If you have it, apply a scented moisturizer that matches your perfume. This will make your perfume last twice as long!

**And don't forget the Date night staple...** The perfect Manicure and Pedicure. Men will be sure to notice your hands and feet! So make sure your nails are beautifully shaped and polished to perfection.

**And finally for those of you already in love, make sure to give your other half a treat!** Everyone loves a Spa Treatment, with options like massages, body treatments, facials, Spa manicures and pedicures these will leave your special someone feeling fabulous and loved. They can be enjoyed separately or together as a couple.