

Simply radiant

Lift your spirits with beauty products and treatments that go beyond skin deep, says Alex Friend

Photographs by Daniel Ward

IN A WORLD WHERE MOMENTS OF POSITIVITY CAN sometimes seem few and far between, it's all too easy to get trapped in a cycle of gloom and dissatisfaction. And as most of us know first hand, it doesn't take long before inner unrest manifests itself as outer disruption.

'There's a significant relationship between our moods and our looks,' says psychologist Dr Linda Papadopoulos. 'When we feel good about ourselves, our skin glows, we hold ourselves differently, we maintain eye contact, we smile more and speak confidently.' When we aren't feeling good, the opposite occurs. 'The worse we feel, the worse we think we look. And the worse we think we look, the worse we feel,' says Papadopoulos.

One way of breaking the cycle is by taking a holistically intuitive approach to your beauty routine, whether that's pampering your skin with a moisturiser that delivers a multi-sensorial experience or brightening your complexion with scent that lifts your mood.

'As lives gets busier and more stressful, women want to achieve emotional and physical benefits at the same time,' says Geraldine Howard, founder of skincare and aromatherapy brand Aromatherapy Associates. 'Incorporating products into your skincare that engage the senses and tap in to the power of positivity can leave you glowing on the outside and feeling grounded, balanced and refreshed on the inside.' ◀



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