

mama's BEAUTY NOTES

Get a new look this new year
with all the latest in hair, make-
up, beauty and pampering...

*we
love*



HAIR TODAY

ANTHONY LABAN

Anthony Laban Home is a boutique salon, a chic and stylish environment based in a courtyard, offering revolutionary new techniques to achieve gorgeous hair.

anthonylabanhome.com



GENDER NEUTRAL

JECCA MAKE-UP

The first product from cool new brand Jecca Make-Up is this gender-neutral, oil-free, matt Correct & Conceal palette, available in two shades (light and medium). Founder and make-up artist, Jessica Blacker, says: "Make-up has no gender. At Jecca we overlook gender and celebrate individuality." £20; jecca-makeup.com



Morning Brew

ISLA APOTHECARY

This newly reformulated version of the Coffee + Cinnamon Body Polish by Isla Apothecary takes advantage of the natural benefits of green coffee oil. It's full of linoleic acid and vitamin E, which are meant to boost cell-turnover, tighten and smooth, as well as protect against free radicals. £34 (300g); islaapothecary.com

Health
Check



Sleep Tight

HEAVEN SKINCARE

The new Prism collection makes use of its Prism Light Defiance Technology. It's designed to protect cells from the full light spectrum and free radicals while boosting collagen. That includes the Heaven Skincare's Overnight Success, which releases oxygen into your skin overnight, redefining the meaning of "beauty sleep". £91 (50ml); shop.heavenskincare.com



GOT THE HEMP

DR. BRONNER'S

If we're to dub one thing the ingredient du jour, it'd be hemp oil. This Pure Castile Liquid Soap, famously loved by Meghan Markle, uses the certified organic variety, and works for any cleaning task – for your face, your hair, even your pets or dishes. £11.69 (473ml); drbronner.co.uk



ORGANIC PHARMACY

Words HELEN BARON

The Organic Pharmacy now offers a half-hour Express Health Assessment. A BioEnergetic device scans the body and outputs profiles on adrenal function, serotonin, immune function, hydration and pH level – as well as levels of systemic toxicity. A full assessment also audits vitamin and mineral deficiencies, organ function, hormone balance, viruses, bacteria, fungus, parasites, digestive disorders and food intolerance. Your practitioner can then prescribe homeopathic supplements, made with uncompromised, pharmaceutical-grade ingredients.

My adrenal function was low, which didn't shock me, but I was surprised to see low hydration levels as I drink plenty of water. I'm advised the quality of water is important, even in hot drinks; heavy metals can block the uptake of minerals. Positive news is my immune function is good. I was prescribed holy basil for stress, calcium and magnesium to improve sleep, and Omega 3/6. And also provided with a list of natural cleansers, as well as important vitamins and minerals. A handy reminder for my well-meaning start to the new year. 🌿

theorganicpharmacy.com

5 of the best SHOWER ESSENTIALS



ROSENTAL ORGANICS
Red Clay Konjac Sponge,
£7.95; ecco-verde.co.uk



L'OCCITANE
Aromachologie Nourishing
Care Shampoo, £19 (300ml);
uk.loccitane.com

THE BODY SHOP
Ginger Scalp Care
Conditioner, from £6.50
(250ml); thebodyshop.com



HIMALAYA HERBALS
Purifying Neem Scrub, €5.50
(75ml); himalayadirect.com



MOLTON BROWN
Vetiver & Grapefruit Bath &
Shower Gel, £22 (300ml);
moltonbrown.co.uk