

Feeling pale and pasty? Cheltenham based skincare specialist, Sophie Chamings, advises on natural bronzing boosts



Most of us look healthy in summer due to golden skin and glowing complexions. Then winter arrives and our skin turns pale and dull. Heavy foundations are plastered on, healthy complexions disappear and we forget about the beauty of being bronzed.

In my time as a make-up artist, I have marvelled at the difference that bronzed skin can make to an overall look; evening out skin tone, reducing redness and promoting healthy, radiant looking skin. So, with a light winter bronzing, you can look great.

These are my favourite natural bronzing products to give a natural winter glow.

■ **Lavera Summer Glow Facial Moisturiser** – Calendular 30ml, £11.60 available from **Natural Grocery Store, Bath Road, Cheltenham.**



If you don't have time to put on make-up every morning but feel you need a bit of something on your face, this product is the one to use. It's light in consistency and gives the skin a beautifully subtle glow, which can be deepened with daily use. It

The Natural Way

comes highly recommended even for those with super fair skin.

■ **Living Nature Luminous Pressed Powder** – deep £17.62 **www.livingnature.co.uk**

Most bronzing powders are too orange and also too shimmery. Dark shades of face powder are often subtler in colour and can be better alternatives. This Living Nature Luminous Powder is nicely subtle and will leave your skin looking luminous and bright. Dust all over face, using a little more to contour cheek bones, with a large powder brush on top of bare skin or foundation.



■ **Inika Mineral Foundation** 8g pot, £23 (recommended shades: passion, inspiration, believe, respect) **www.inika.co.uk, Natural Grocery Store, Bath Road, Cheltenham.** When mineral powder make-up is



applied to the skin, the powder mixes with the natural oils in the skin to form a cream-like consistency. Used sparingly, this makes for the most wonderful finish. The Inika foundations come in more natural shades than the bronzers and so look more natural on the skin. Grab a dark shade of foundation powder and create a perfect winter glow. You should get the kabuki brush for best effects.

■ **Madara Tinting Fluid** 50ml £21.50 **www.madara.co.uk**

The Madara Tinting Fluid is soft and fresh looking and doesn't feel heavy on the skin. With two warm shades to choose from, you can be sure to achieve a lovely glow at the same time as providing nourishment for dry winter skin. ■



www.sophiechamings.co.uk. Beautifully crafted Christmas vouchers available.