

The pep-me-up products

LOOK FRESH AND GLOWING

before, during and after your workout with beauty buys that work as hard as you do.

1. Aromatherapy Associates Revive Body Gel, £27.50, improves skin tone and helps fight cellulite.
2. Breathe life back into seriously dehydrated skin with Kahina Giving Beauty Argan Oil, £74.
3. The soothing aloe vera in Kiehl's Gross-Terrain Dry Run Foot Cream, £16, is a godsend for hot toes.
4. Battle the build-up of cellulite-causing toxins with Elemis Cellutox Active Body Concentrate, £30.70.
5. Protect your skin from harmful rays with Dermalogica Solar Defense Booster SPF30, £29.50.
6. Keep your lashes fluttering, but not running, with L'Oréal Volume Million Lashes Waterproof mascara, £5.99.
7. Kiehl's All-Sport Swimmer's Cleansing Rinse for Hair and Body, £17, neutralises odour and the drying effects of chlorine.
8. Give yourself a post-exercise treat care of Aromatherapy Associates De-Stress Muscle Bath Oil, £37.
9. Do changing-room chic with this bright Lisa Stickeyly make-up bag, £20.
10. Drink Bodyism Body Complete banana protein shake, £60, post-workout, to create beautiful lean muscle.



The slimming shoes

A SHOE THAT WILL give you a P-Middy-shaped rear, with a fashion-forward edge? Sold.

1. The seamless Hyperfuse technology means these Nike Sweet Victory+ trainers, £80, fit like a (foot) glove.
2. Get your run on in these hi-tech Adidas Supernova Sequence 3 running shoes, £82.
3. Make your walk down the beach work harder in these acid-bright Reebok EasyTone flip-flops, £45.
4. A special Heel Clutching System makes Asics Gel-DS Trainers 16, £90, beyond comfortable.
5. These cute Fitflop Lolla Liberty sandals, £65, play straight into the floral trend and firm up your calves.
6. These Reebok EasyTone Reinspire II trainers, £80, are hiding 'balance ball'-inspired technology to help you tone up.
7. The classic fitness slide gets a glam summer redux with Fitflop's Electric Indigo Frou, £75.
8. Whether you're spinning, Zumba-ing or pounding the pavement, Nike Free XT EverydayFit+, £72, will work hard. ■

