

For summer sheen every

Body oil is the ultimate indulgence, a soothing treat your skin will soak up with alacrity and reward you with a smoothness and sheen you'll be pleased to bare

Know your oils

Every day skin needs to replace close to 100mg of lipids (fats). We can do that via good nutrition, and with the right bodycare products. Not all oils are equal. There are three main origins – minerals, animals and plants.

- **Mineral oils** - from fossil fuel (such as petroleum – so not sustainable), create a layer on top of skin, potentially blocking pores and disturbing moisture and oxygen regulation.
- **Animal fats** (saturated fats) - are on the whole compatible with human skin. Lanolin, a fatty wax from oils in sheep's wool, and akin to sebum in our own skin, is often used in skincare.

- **Plant oils** - are rich in unsaturated fatty acids that aren't produced by the body, we have to eat or apply them. These well-tolerated, easily absorbed oils allow the skin to breath and function healthily, deeply nourish, and prevent drying. Plant oils extracted from seeds, nuts and fruit, are also renewable and biodegradable.

How to use oils

Nothing moisturises like body oil. Body lotions replace water; oils are even more effective. Regular use of a body oil containing plant oils seems to re-educate skin to hold water and regulate moisture content.

Using body oil daily reaps rewards for dry skin. For normal skin using an oil weekly maintains good condition.

Tips for use:

- The ideal time for skin treatments is mid-day – inconvenient for most of us! So we suggest using oils morning or early evening
- Apply to slightly damp skin after a bath or shower
- Gently massage in - always working towards the heart

weleda

Wild Rose Body Oil

£18.95 100ml

With the finest organic rosehip seed oil, this is rich in antioxidant vitamins A and E to fight free radical damage and promote new cell growth. Rosehip seed oil contains exceptional amounts of linoleic (Omega 3) and linolenic (Omega 6) essential fatty acids that nourish skin. Rosa moschata is often used to reduce pinkness in scars and minimise stretch marks.



On test.....

Caroline Shola Arewa (50) – a spiritual and personal development coach (www.createease.com)

'My skin is quite dry, yet not a lot of this oil is needed for a good result, and it absorbs quickly. I use oil daily, and as a trained aromatherapist I appreciate the rich, luxurious, uplifting aroma that lingers as gentle perfume. The attractive blue glass bottle protects the oil and - unlike plastic - won't 'leak' into the product. The quality makes this great value.'

0115 944 8222

WELEDA
revue

ISSUE 29 SUMMER 2009

Roses grow on you:
step-by-step facial

Travel essentials –
our experts advise

Unique properties
of sensual body oils

Look who's moving
to Weleda's gardens

Chocolate heaven:
Jo Fairley's mission