

BEAUTY

BODY SHOP

Rebuild your body from the inside out

Edited by Rebecca Newman Photograph by David Abrahams Styled by Sophie Paxton

BLADDER

To replace your electrolytes after sport, try **Unoco Raw Coconut Water**: pure, unsweetened, and the best-tasting we've tried. From **£1.99** (unocodrinks.com)



FACE & LIMBS

We can't say it enough: think SPF. For your face, you can't beat **Shiseido Expert Sun Aging Protection Cream SPF 50+**, **£34**, at johnlewis.com. For your body, go for **Soltan Once 8 Hour Moisturising Suncare Lotion SPF 30**, **£8**, at boots.com



TOP

This **Every Second Counts Finish Line Crop** is in a four-way stretch fabric that won't sag and is brilliantly breathable. There's nothing not to love about this new British fitness clothing brand. **£44** (everysecondcounts.co.uk)

STOMACH

Purifyne cold-pressed juices are packed with energising and micronutrient-rich blends such as apple, cucumber, kale, spinach, lemon and ginger: great as a drink or for a cleanse. **£89** for pack of six (purifynecleanse.com)



SKIN

For that glowing, demi-goddess look, **Clarins Golden Glow Moisturizing Body Lotion** is an everyday cream that will banish scaly dryness while building up a gentle, natural-looking tan. **£30** (clarins.co.uk)



INTESTINES

For intestinal health (less bloating, a regulated appetite and faster metabolism) and to ward off sugar cravings, experts at the famous **Viva Mayr** clinic recommend **Viva Mayr magnesium citrate powder**. **£18.70**, at espalife.atcorinthia.com



FEET

Want to run like Mo? Try the new **Nike Air Zoom Pegasus 31**. A thin layer of cushioning in the sole bounces your foot off the ground, encouraging forefoot rather than heel striking – it feels like you're running on air. **£85** (nike.com)



BOTTOM

Not only do these **Lucas Hugh Technical Knit Leggings** look great, they also boast UV-resistant fabric and invisible compression pads to speed post-workout recovery. **£90** (lucashugh.com)

MODEL: TONI AT BODY LONDON. SWIMSUIT, £360, LISA MARIE FERNANDEZ AT NET-A-PORTER.COM