

My Beautiful Life

Stephanie Hogg, co-founder of eco-boutique GatherandSee.com, shares her beauty essentials



Morning beauty routine? I use Clarins Gentle Foaming cleanser, which is great for energising the face. I then apply Sophie La Girafe's Protection cream as I have quite sensitive skin and find the gentle ingredients really help to calm it.

Hero product? I have two, Lucas Papaw Ointment – I use this for absolutely everything. I also rely on Magnifique Fortifying serum by Julien Farel to hydrate, add volume and anti-age my hair.

What's in your make up bag? Burt's Bees lip balm, Ruby Woo from MAC – the best red lippie out there and perfect for day or night, Zoeva's Volume 2 Bamboo Brushes, which are super soft and perfect for blending, they are also 100 per cent vegan, which works perfectly alongside the business ethos of Gather & See.

Beauty inspiration? Sienna Miller – she always looks so effortlessly beautiful. I want what she's got!

What perfume do you wear? Diptyque L'ombre dans l'Eau. I love the scent and it lasts for absolute hours.

Who cuts your hair? Blue Tit – there are a few dotted around London and they always do a great job cutting my hair. At home, I use Maria Nila's Pure Volume shampoo and conditioner to add volume and leave my hair smelling amazing.

Favourite spa? I love The One&Only Spa in the Maldives. They have a very natural and healthy approach to their spa treatments, making for a lovely experience. This is also where I discovered Holistic Silk whose lavender-scented eye mask comes to my rescue especially through my busiest periods – I find it to be very calming and it also smells incredible.



BEACH BUDDIES

All you need for beauty at the beach



1 ANTONIA BURRELL Cream Supreme Facial Moisturiser
Infused with an organic certified anti-acne complex to reduce acne bacteria activity and redness, this is a perfect pick for combination and blemished holiday skins that can become more oily in hot and humid climates. Apply to clean skin before bed to balance and nourish whilst you sleep. £68; antoniaburrell.com

2 SEPAI Youth Molecule EGF Serum
Help prevent and repair sun and cell damage with this incredibly potent age reversal serum. With a dedicated A-list following, this little skincare addition will have you gloriously glowing in a matter of weeks. For best results wear under a sunscreen before heading out into the sun and apply again before bed under your usual night cream for advanced cell regeneration. £85; blondonboutique.com

3 SENSAI Silky Bronze Cellular Protective Stick SPF30
A handy beach bag sunscreen stick for protection top-ups on delicate areas of skin such as lips, ears and eyes. £40; harrods.com

4 NURISS Moisturising Sunscreen SPF30
A long lasting sun cream designed by skin Doctor Anita Sturmham, to protect, hydrate and soothe dry and dehydrated holiday skins. £34; nuriss.co.uk

5 STRIVE Sandals
Walk tall in a pair of Strive sandals, biomechanical footbed technology helps to improve posture for leaner looking limbs and increase muscle efficiency for better beach body symmetry. £45; debenhams.com

ME TIME

PURIFYNE WORK SMART JUICE PACK



Nope, this isn't another crazy juice diet, promising you extreme weightloss, whilst never feeling hunger pangs (we've heard those promises a few too many times). No, the clever people at Purifyne (along with help from renowned nutritionist Vicki Edgson) have launched a juice pack that – combined with your daily diet – can help focus the mind and keep energy levels bouncy when you know you've got a tough day ahead. Designed for those on the go, the four nutrient-dense, cold-pressed daily juices come with seasonal spices and seeds (chia, cinnamon, cayenne, maca, spirulina), which all help boost your performance. £75. purifynecleanse.com