



ROAD TEST

Body scrubs

Our long, hot summer means skin needs lots of extra TLC in the heat. These gorgeous body scrubs will have you glowing with radiance, reports **Shonagh Walker**.

1 Pelactiv Visibly Healthy Skin Body Scrub, \$43

Super-fine, non-abrasive sloughing beads polish and refine skin to perfection and your skin is left cleansed and softened. Citrus essential oils make this an uplifting, pampering experience.

*** Verdict** A must year-round, this boosts circulation and helps prevent cellulite.



2 Clarins Relaxing Body Polisher, \$62

Just one sniff of this thick exfoliating paste lulls your senses into a state of calm. After massaging all over (concentrate on buttocks, thighs, tummy and your heart chakra), you'll not only feel completely blissed out, but your skin will feel silken to touch, refreshed and renewed.

*** Verdict** The perfect antidote to a stressful day.



3 Jurlique Body Exfoliating Gel, \$45

This earthy-scented, granulated wash uses walnut shells to slough dry skin, plus avocado oil and vitamins A, C and E to hydrate. It lathers beautifully in the shower and leaves skin glowing.

*** Verdict** With a beautiful scent, this has a gel formulation that makes it perfect for hot days.



4 Thalgo Sweet and Savoury Body Scrub, \$87

Marine extracts, salt and brown sugar are drenched in essential oils sourced from the Mediterranean, giving this scrub a true "get-away" feel. A sensory experience.

*** Verdict** Skip the beach and pamper yourself with this scrub instead – it's better for you!



5 Spa Paradisa Passionfruit Sugar Body Scrub, \$21.95

This lush scrub is sweetly scented with passionfruit, which makes you feel as though you're massaging a rich dessert all over your body, sans the kilojoules, of course.

*** Verdict** Perfect to use before a fake tan application. It leaves skin smelling tropical and fruity.



6 Endota Spa Organic Body Polish with Mimosa & Ginseng, \$42

Light, fresh and invigorating, this blends circulation-stimulating ginseng with mimosa, to counteract mottled, dimpled skin and to heal imperfections.

*** Verdict** This leaves skin soft and beautifully scented all day long.



7 Nude Moisturising Body Polish, \$89

Massage this lush, hibiscus-oil-infused sugar scrub balm into dry skin prior to showering. Step under the shower to rinse away all traces of dirt, grime and built-up skin cells. You're left with a toned, glowing, deeply hydrated skin that is delicately scented with fragrant tropical flowers.

*** Verdict** Like a sensory sojourn to the Seychelles.



8 Ulittlebeauty a bit of rough exfoliating salt scrub, \$19.95

Caffeine-infused sea salt stimulates circulation and lymphatic drainage, while rosemary leaf extract and macadamia oils help to detox and hydrate skin simultaneously.

*** Verdict** Beats your barista for a daily pep-up. ▶

9 Aurora Spa Rituals Rosemary & Clove Mentholated Scrub, \$60

This mineral-rich scrub stimulates and soothes with menthol and camphor, combined with peppermint, clove and rosemary essential oils. Hydration and radiance are boosted, thanks to sweet almond, beeswax and soybean.

*** Verdict** The perfect protection against dry skin and cellulite.



10 Korres Fig Body Scrub, \$34.95

This invigorating mix of ground bamboo and jojoba beads softens and rejuvenates, while the blend of sodium, magnesium, zinc and manganese hydrates.

*** Verdict** Skin not only smells sweet, it feels energised.



11 Pevonia Botanica Tropical De-Aging Saltmousse, \$98.50

Combines minerals with exotic salts, essential oils and botanical extracts to nurture, clearing the way for treatment products. Skin is polished, vibrant and soft.

*** Verdict** An absolute pleasure and delight to use. Outstanding!



12 Ella Baché Earth Enzyme Body Exfoliant

With a beautiful scent, this gentle polish uses natural loofah fibres to slough away dead skin, improving circulation and skin tone. Massage in before rinsing off in the shower.

*** Verdict** This stimulating scrub feels invigorating. The perfect summer skin softener.



13 Davies Gate Lemon Made Warming Scrub, \$35.95

Sugar and sea salts combine to shed fatigued, dull skin, while lemon brightens and invigorates the complexion.

*** Verdict** Skin is left luminous and soft, thanks to the added benefits of sunflower and olive oils, green tea and vitamin E.



14 Elemis Exotic Lime and Ginger Salt Glow, \$99

With invigorating ginger and stimulating lime, this boosts circulation to help keep cellulite at bay. Unrefined sea salt drenched in camellia and jojoba oils exfoliate and quench thirsty skin.

*** Verdict** The price may be steep, but after one use it's clear how special this formula is. It's perfect for rough elbows, ankles and knees too.



15 Dermalogica Exfoliating Body Scrub, \$53

This employs olive, fig and date seeds to mechanically exfoliate the skin, alongside papaya enzymes for chemical exfoliation. Skin is left softened, with an all-over glow.

*** Verdict** Smells lush, feels indulgent and makes you want to use it daily.



16 Origins Incredible Spreadable Scrub, \$56

White and brown sugars buff away dull, dry skin, while olive oil hydrates and ginger stimulates and scents.

*** Verdict** Good enough to eat!





“We’ve tracked down the best body scrubs on the market, so you can polish your skin for a healthy and radiant summer glow.”