



# body COMBAT

FOR A GREAT BODY YOU NEED TO EXERCISE, BUT HERE WE HAVE A FEW BEAUTY TREATMENTS THAT MAY HELP YOU ON YOUR WAY.

*Q. How can I get rid of the rough bumps under my skin?*

**A. With age, skin's natural sloughing slows, leaving it dry and bumpy, especially on the legs or arms. It may also be due to a moisture cream that's too rich.**

Prep with daily, dry body brushing to dislodge dead cells and boost lymphatic drainage. Use a scrub twice weekly to exfoliate and stimulate circulation. We love **Ella Baché Earth Enzyme Body Exfoliator \$60**, which combines softening emollients with loofah fibres to buff away bumps.



To boost cellular turnover, use a glycolic cream daily, like **ASAP Revitalising Bodymoist, \$39**. Apply a toxin-drawing mask to trouble zones.

I swear by: **Eve Lom Rescue mask, \$68**. It has camphor to cool and decongest, clay to draw out toxins and almond extract to calm redness.

EVE LOM