

# My Beautiful Life

Health guru Kara Rosen shares her top tips for inner health and outer beauty



**What is your morning beauty routine?** I wash my face with a warm cloth and REN Rosa Centifolia cleanser. I follow up with their Bio Retinoid oil and cream mixed together. Most mornings I use Ilia tinted moisturiser and a Laura Mercier concealer to touch up.

**Who is your beauty inspiration?** Elle Macpherson just looks amazing and never too done up.

**What is your best beauty tip?** It's two-fold. Firstly, your skin represents how healthy your gut (digestive system) is. If you are suffering from spots, or notice changes in your skin, take a close look at your diet. Sometimes simple changes like reducing or eliminating dairy, or making sure you are eating heaps of veg to hydrate and nourish

your body can help support your natural detoxification systems and make a big difference to your skin.

**What is in your make-up bag?** Ilia mascara, Annee de Mamiel lip balm and Hourglass bronzer.

**Your hero product?** REN Moroccan Rose Oil.

**Best spa?** KX in Chelsea. It's not really known that the spa is open to the public, and they have really amazing therapists. Not to mention, with a treatment, you can use their exquisite facilities to extend your 'me time'.

**Best tip for a good night's sleep?** Leave your mobile devices and computer out of the bedroom. It will help you wind down if you're not checking emails or social media. Also don't eat a heavy dinner close to sleep time. Try and leave at least two to three hours between dinner and sleep.

## SMOOTHIE AND JUICE RECIPE FOR GREAT SKIN?

The Green Glow Getter designed by Nutritionist Eve Kalinik for optimum skin health, cell regeneration and repair. After a few days of drinking this anti-oxidant, collagen boosting and hydrating juice your skin will have a radiant glow.

## INGREDIENTS

- » 1 cup of fennel
- » 2 cups of spinach
- » 2 apples (stalks removed)
- » 1/2 cup coriander
- » 1 cup chopped cucumber
- » For an added boost add 1 cup of broccoli florets and stems.

Find this recipe and more in *Plenish Juices to Boost, Cleanse & Heal* by Kara M. L. Rosen

Go online at [countryandtownhouse.co.uk](http://countryandtownhouse.co.uk) for more of Kara's delicious recipes.

## FRESH AS A DAISY

Re-awaken skin this spring with some plant power



**1 DR LANCER Lift Serum Intense**  
Using plant stem cell technology to reboot collagen supplies for an added lift, this serum adds a noticeable radiance to your skin from the first application. £230; [harrods.com](http://harrods.com)

**2 COLBERT MD Illumino Face Oil**  
Colbert MD takes face oils to a whole new level. Passion fruit, borage seed and marula oils are delivered deep into the skin for a beautifully smooth complexion. £100; [spacenk.co.uk](http://spacenk.co.uk)

**3 CLARINS Démaquillant Tonic Express**  
A dual action cleanser and toner in one to remove impurities and give some 'zing' to your skin with the help of zesty orange and moringa seed extracts. £20; [clarins.co.uk](http://clarins.co.uk)

**4 BALANCE ME Stellar Beauty Balm**  
A one stop beauty pot for all your skin needs. Treats and repairs skin from top to toe with the healing benefits of rosehip, neroli and chamomile flower oils. £18; [balanceme.co.uk](http://balanceme.co.uk)

**5 PATYKA Biokalifitin Radiant Eye Contour**  
An organic Parisian beauty brand that boasts an ingredient list of highly concentrated and rejuvenating plant extracts. Try the Biokalifitin radiant eye contour, a power-packed fatigue fighter that's perfect for tired eyes. £47; [brummellsoflondon.com](http://brummellsoflondon.com)

## ME TIME

### BESPOKE ANTI-AGEING

Reveal a fresher, firmer face with the help of advanced aesthetic nurse practitioner Sharon Gilshenan, based at the new Illumin8 Medispa in Wimbledon. With the latest techniques and technology to lift jowls, plump pouts and chisel cheekbones, Sharon will first offer you a complimentary face analysis consultation before putting together a completely bespoke anti-ageing treatment package that will make you look revitalised and refreshed, but never 'done'.

From £190; [illumin8medispa.co.uk](http://illumin8medispa.co.uk)

