



# SHOWER

## SHOWER SQUAD

Most shower devotees say they use it as an opportunity to multitask, speeding up their morning routine. Noting this, the beauty industry has responded with a flurry of products specifically designed for in-shower use. Take Sanctuary Spa Wet Skin Moisture Miracle (1 £8), a hydrating body lotion that you apply to wet skin before you towel dry, or St Tropez Gradual Tan In Shower Lotion (2 £14.50), which uses the wetness of skin to accelerate the action of the DHA (the active ingredient that produces the tan) — its R&D team describes it as “like buttering warm toast rather than cold bread”.

The skincare guru May Lindstrom says: “When skin is softened by humid conditions, it becomes much more responsive to treatments.” However, you need to be cautious temperature-wise — anything warmer than 37-40C “can break down the lipids [oils] that support the skin’s barrier function, leading to dryness and irritation”, says consultant dermatologist Dr Justine Hextall. She suggests using a hydrating, non-foaming facial cleanser such as CeraVe Hydrating Cleanser (3 £9).

If you suffer from redness, hives or eczema, take the advice of Dr David Colbert of the New York Dermatology Group and dial down the temperature and duration: “Your shower routine should be under five minutes. Past that point, you begin to dry out the skin.”

Are you team tub or shower squad? Whatever your bathroom tribe, **Samantha Silver** has the updates to make to your morning routine

Photograph Marcus Ohlsson

**WHEN IT COMES TO WASHING**, there are two camps: bath or shower. Whether you think showers fail to maximise me-time, or that baths are less about washing and more about languishing in your own, erm, filth, you’re unlikely to switch sides. While a recent survey suggests that 64% of Brits prefer a perfunctory shower over a cocooning hot bath — and apparently 72% of people come up with creative ideas in the shower — one study, conducted this year, found that people who immerse themselves in baths showed lower levels of stress and tension (Gwyneth Paltrow sips Japanese whisky in hers apparently). Whichever tribe you are, there is a raft of clever new products to make your routine that bit more effective.



## THE KIT

**VitaClean HQ Citrus Shower Filter Shower Head, £75 (4)** The changeable filters soften hard water and remove chlorine to stop coloured hair going brassy. They also contain different blends of essential oils for a spa-like experience.

**Lixirskin Vitamin C Paste, £32 (5)** This wash-off water-activated vitamin C gives an effective morning skincare boost.

**NKD Skin Pre-Shower Gradual Tan Lotion, £14 (6)** A game-changer — apply 10 minutes before you shower for a Gisele-worthy tan with no stained sheets.

**Aqua Notes Waterproof Notepad, £12 (7)** Stick this in the shower and write down any brainwaves, then tear off the page to take to that morning meeting.

For a truly productive shower, Hansgrohe’s latest showerheads come with an ultrafine **PowderRain** setting that reduces water and energy consumption, minimises spray and reduces noise to a mere whisper, so you’ve more time to think.

## TEAM TUB

When the weather turns colder, our love affair with baths heats up. So much so that last year, in the week the clocks went back, Space NK noted a 25% surge in sales of Aromatherapy Associates Deep Relax Bath Oil (8 £49).

Let’s run through a few tips for making the best of bathtime. Soaking for 20 minutes in 40C is long enough to improve lymph flow, increase blood circulation and relax muscles. Clary sage essential oil can relieve cramps and is traditionally used to ease period pains — try The White Company Spa Relax Luxury Bath Oil (9 £30). And if you’re feeling run-down, sprinkle in a little Goop Nurse! Under the Weather Bath Soak (10 £30), an antibacterial blend that contains tea tree and eucalyptus oil.

In fact, you should start considering bath recipes in the same way you do food. “Like a meal, a bath with the perfect ingredients can change your mood and improve health,” says Suzanne Duckett in her new book, *Bathe*. She recommends bath “recipes” such as grapefruit for energising, orange and coconut to lift your mood, and cedarwood, lavender and milk to help with sleep. One rule: don’t wash your face in the tub. “Cleansing your skin with bath water is a bad idea,” says Dr Marko Lens of Zelens skincare. “Your skin should maintain healthy flora [good bacteria] and washing your skin with dirty bath water destroys this balance.”



## THE KIT

**SloJo Relaxing Candle, £65 (11)** Focus on the flicker to help you switch off.

**BOD 20 Min Mulled Wine Bath Salts, £10 (12)** Bathe in vino — well, sort of. Dissolve a bag of this soak in hot water and lie back. The salt-heavy water is claimed to help with water retention, while grapeseed oil brightens skin.

**Balineum Bath Pillow, £28 (13)** No more neckache thanks to this stick-on pillow.

**Waterproof phone case, £5.50 (14)** Take a smug bath selfie without worrying about dropping your phone in the water.

**Shhhowercap, £35 (15)** Keep your hair dry in this nanotech fabric that is 100% waterproof. The non-slip silicone grip makes it budge-proof too.

# BATH