



10 Hair & Beauty Tips for Holidays



Prepare your skin

Exfoliate to remove all the dead skin cells. This will help skin feel smoother and look brighter.

Get a trim

Our hair can sometimes suffer on holiday from the sun, sea and chlorine from the pool, so a trim just before you go will keep your hair healthy and looking beautiful.

Be Beautiful

HAIR & BEAUTY



Have a Spray Tan

What better way than to start your holiday than with a gorgeous glow? Don't forget to apply your SPF when you're away.

Book a treat for your Hands & Feet

The last thing you want to worry about when on holiday is your nail polish chipping, so why not book in for a Shellac treatment? You can get up to 14+ days chip free colour.





High Factor Sun cream

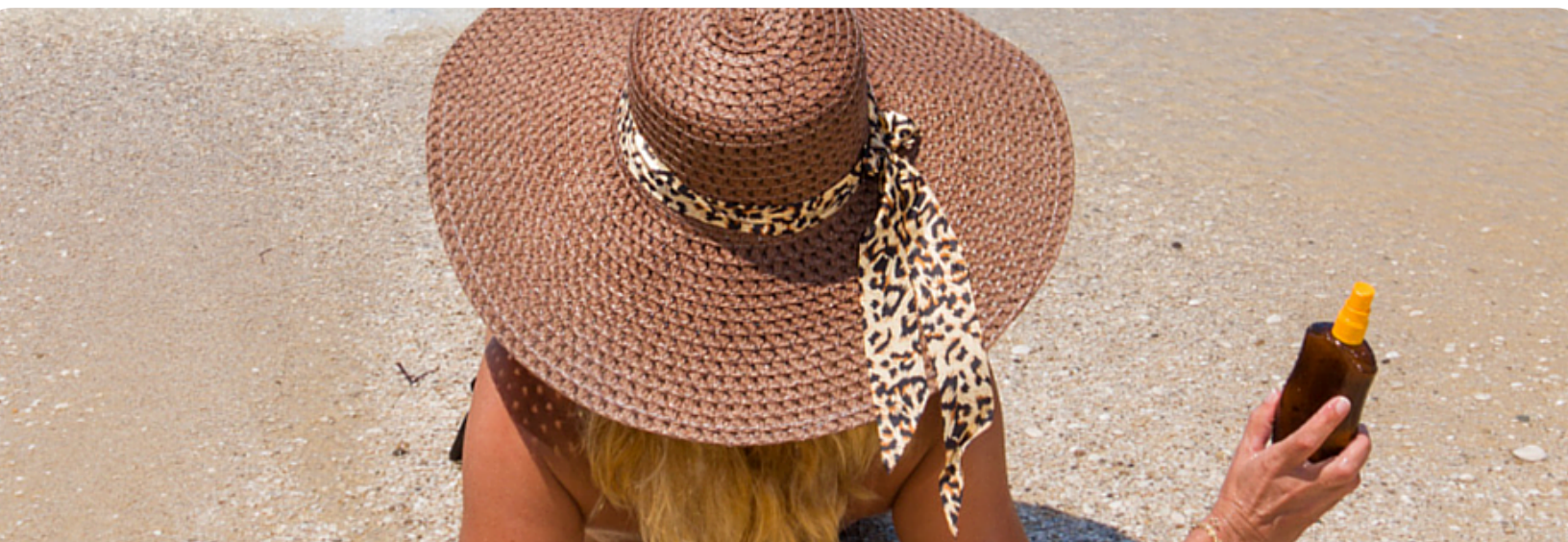
There is nothing worse than being burnt whilst on holiday and it can leave you feeling really poorly, so make sure you purchase a high factor sun protection and a good quality after sun.

Take care of your Hair

By using a good quality Shampoo and Conditioner, you will be doing all you can to look after your hair. Always rinse your hair with clean, fresh water after the pool or the sea.

Cover up

There are some gorgeous hats available for all you fashionista's on the high street; they are perfect covering hair and scalp whilst basking in the sun.





Hydrate your skin

Sun and sea can take its toll on our skin so use a good quality moisturiser to keep it feeling nourished.

Tomato Ketchup

No I've not gone mad, an emergency sachet of tomato ketchup can work wonders for blonde hair. If chlorine leaves a slightly green hue to your locks, apply ketchup to mid lengths and ends and leave for 30 mins and ta-dah!

Tinted Moisturiser

This is a great product to use instead of a foundation for the evening. Brands such as Nivea actually contain an SPF too, which is perfect day trips and excursions.

There are lots more tips and tricks on my Be Beautiful Hair & Beauty Facebook page, why not pop over and say hello, www.facebook.com/bebeautifulhairbeauty.

In the meantime, I hope that wherever you are jetting off to, you have an amazing time.