



The Beach Beauty Checklist... You'll Really Want To Read



So the holiday is booked, you've downloaded your app telling you the latest weather and how many days it is until you are on that plane.

If packing your beauty essentials has you feeling flustered, fear not, my beach beauty checklist is just what you need...



Sunscreen

Pick a high factor for the best protection and apply at least half an hour before going out in the sun and continually throughout the day. Another great product is a lip balm that contains SPF too.

Sunglasses

Make sure that you purchase good quality sunglasses with a high UVA and UVB filter. The skin on your eyes is thin and sensitive and the last thing you want is to become burnt.

Insect Repellent and After Bite

Ensure you pack a high strength insect repellent and invest in AfterBite. Mosquitoes can be out at anytime of day, more so in humid countries so keep them handy for the beach days and excursions away from your resort.

Hair UV Protector

The sun can be just as harsh to our hair as it can our skin. Always apply at least 30 minutes prior to exposing your hair to the sun.



Cooling Spray

There is nothing worse than not being able to sleep, so invest in a cooling spray like Magicool or an After sun, such as Nivea, that contains cooling ingredients.

Cleansing Wipes

These can be a real hero product to keep in your bag. The sun often helps skin dry out blemished prone skin or skin conditions such as Eczema, however sweat can block pores which can cause breakouts, so keep these nearby for when you need your face and hands refreshing.

Hat

Treat yourself to a gorgeous Hat from the high street. This not only protects your hair, but can provide some shade for your face too.

Relax!

Holidays are all about rest & relaxation, so why not escape with a good book whilst enjoying a refreshing cocktail by the pool. Wishing you an amazing holiday!