

Be Beautiful HAIR & BEAUTY



Hair & Beauty Must-Haves



Here are just a few of my favourite products that I couldn't live without!

Wella Brilliance Colour Shampoo...

This shampoo is packed full of the right ingredients to look after your hair and scalp. It gently cares for your colour, leaving your hair full of vitality and shine. It even contains Diamond Dust... and you know what they say ladies; "Diamonds are a girls best friend!"



Glam Mist...

Whilst we are on the subject of Shine, Glam Mist is all about just that! It's a fine mist, therefore won't leave your hair feeling greasy and limp. It works brilliantly on my hair, being blonde, my hair doesn't naturally reflect light in the same way that dark hair does. It doesn't just shine though, it also smells absolutely divine!

Gradual Self Tan...

I just love this from Sienna X, it builds up in to a really natural colour, so not an orange streak in sight. When doing dryer areas such as around ankles and elbows, my trick is to combine it with a little bit of Radiance Body Balm to ensure the product isn't overly absorbed. I would also advise, as with any tanning product, you exfoliate well before and use a tanning mitt to apply.

Solar Oil...

This cuticle oil by CND is infused with Vitamin E and Jojoba Oil which really helps to keep nails nourished. I would recommend using daily for best results. My trick is to keep it by your bed, to apply last thing at night.

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Smoothing Cleanser...

I am a huge fan of Tropic Skincare and have used it myself for a while now. This Cleanser removes all makeup and other impurities, leaving you with fresh, clean skin. It also comes with a Bamboo Cloth which leaves your skin feeling like you've spent the day at the spa.

Balance Body Wash...

This is pH balanced and paraben free and is so gentle, you can even use it on sensitive skin. It's fragranced with Lemongrass and Ginger and will leave you feeling revitalised and refreshed. It also contains Silk proteins to help retain moisture within the skin.

Shellac...

I couldn't go back to using my normal Nail Polish. I would sit there for ages, think it was dry, only to then have a dent or an imprint 5 minutes later. Shellac is the original Power Polish and remains chip free for up to 14 days. It's perfect for any occasion and works brilliantly on both hands and feet. It often lasts up to 6 weeks on toes, making it perfect for holidays to!

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Root Shoot...

This one is another firm favorite, the precision nozzle is designed to give you volume, exactly where you need it. Simply, shake, spray and volumise on to damp hair and blow dry as normal.

I hope this has been useful and given you some inspiration to maybe give some of these products a try for yourself.

If you would like any more information on the products I have featured or you have some little gems of your own that you would like to share with me, then I would love to hear from you.

You can pop over to my [Facebook](#) page; or feel free to drop me an email; nina@bebeautifulhairandbeauty.co.uk.

