

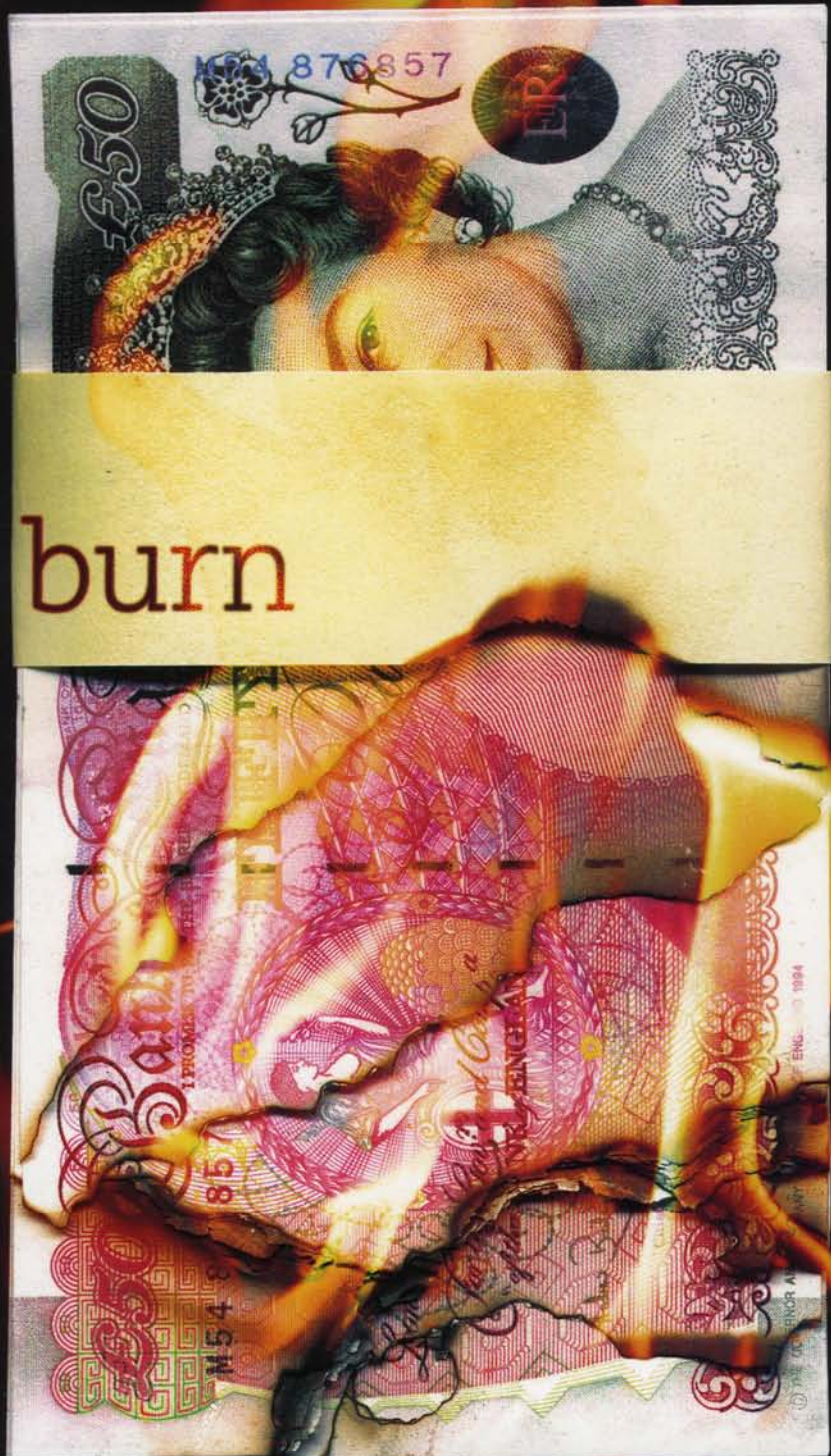
# insight

## Money to burn

Groove Armada

Cinecity

Coming to a screen near you



# Buff and polish

Keep looking your radiant best this autumn with these moisturizing body exfoliators.

Words: Susie Perry



## Aromatherapy Associates Renew - Rose Exfoliating Cleanser

Polishing, without harsh abrasion. The Renew range is designed to gently boost circulation and encourage cleansing. Ingredients include Jojoba beads and Damask Rose Water which help to dissolve hardened sebum making this a perfect choice for oily and blemished skin.

£16.50, Treatment Rooms  
(01273 818444)



## Feel For This Cranberry Body Buff

Simply delicious! Made from natural ingredients including cranberries, grapeseed oil, sugar and sea salt, it's full of Omega-3's, vitamins, minerals and antioxidants that help to fight the signs of ageing and protect from the effects of pollution and sun damage. Great to use in the shower and suitable for sensitive skin.

£7.00, [www.feelforthis.com](http://www.feelforthis.com)



## Cowshed Soft Cow Body Gel Exfoliator

Made for buffed bodies by Babington House. Infused with orange blossom and pure essential oils of aniseed and spearmint, this gently smoothing and refining formula leaves skin beautifully soft and nourished.

£35, [www.cowshedonline.com](http://www.cowshedonline.com)



## Mother Earth Raindrops & Roses Body Scrub

This scrub is freshly activated each time you mix it and it contains pink clay, oats, rose petals and lime flowers which tone, cleanse and soften the skin. The moisturising sunflower oil is scented with rose absolute and geranium essential oils. A heavenly combination.

£15.00, [www.motherearth.co.uk](http://www.motherearth.co.uk)

## The Sanctuary Spa Bidadari Shimmer Body Souffle

In Indonesian folklore, the Bidadari women were beautiful, golden-skinned, spirit-women – Bidadari literally means 'angel'. Indulge and moisturise your skin with the exotic fragrance of jasmine and relaxing ylang ylang. Includes yoghurt for soothing, turmeric for brightening and a glint of gold for spirit and sparkle.

£9.95, Boots

