

Wedding wellness

Ivana Sidey looks at new products, tips and tricks for feeling your big-day best



Abalon Star produces gorgeous handmade porcelain candles. Founder Ana Bridgewater's goal is to use natural, raw and eco-friendly materials. The candles come in a selection of designs and can be personalised with initials – making them an ideal wedding gift. Once enjoyed, you can also send the container back to be reused or refilled with wax. I love its Earth's Atmosphere collection – a dreamy range inspired by the elements around us. Its Gilded Gold candle is pictured, priced £27 from abalonstar.com

Leading the way in facial innovation, skin specialists Yes to Tomatoes have launched the market's first black-coloured wipes. Its Detoxifying Charcoal Wipes work to deep clean your skin and help remove dirt and, of course, make-up.



Perfect for double cleansing or to use as a detoxifying treatment, they combine three key ingredients – charcoal, tomatoes and salicylic acid – which work wonders to rid oily and combination skin of impurities and to prevent breakouts. £4.99 from beautybay.com

If you want to look healthy and radiant then be sure to check out Time Bomb's Holiday in a Bottle. Neither a self-tan or a stain, this oil-free, paraben-free liquid sunshine features micro-pigments that burst on touch, evenly spreading sheer colour over your skin, and warming and enhancing your natural colouring.

Available in two shades 'Sunkissed' (the lighter shade) and 'Suntanned' (for those with a more olive complexion). Both formulas are sheer, forgiving and blend with any skin tone.

£28 from timebombco.com



Inspired by the Asian sleep mask trend, Liz Earle introduces its new Superskin Overnight Mask – the ideal antidote to the drying effects of the winter weather.



This multi-action, intensively moisturising product literally feeds your skin cells everything they need to optimise night-time healing while they're at their most receptive. It contains a powerful, natural blend of rosehip and cranberry seed oil to nourish.

Priced £42 from boots.com

EARTH

Go back to basics with natural products, ingredients and remedies for your peace of mind



Indulgent and exfoliating, Ruby Red's Soothing Body Scrub is the ideal pampering treat. Salt from the Dead Sea exfoliates and revitalises skin while eliminating dead toxins. The natural aroma of sweet mandarin, lemon and bergamot, and warmer undertones of wild cedarwood will leave you with an invigorating and refreshing sense of relaxation.

Priced £38 from rubyredcosmetics.co.uk



Hayo'o is a new British health brand. Distilled from the tension-relieving techniques of Chinese medicine – ideal if you're feeling anxious before the big day – this is an easy-to-follow self-health programme. Its beauty products and tools help relieve stress and detoxify your skin by following the classic Gua Sha accupressure treatment. The Body Restorer (£35) is an ergonomically designed tool that helps the lymphatic system and boosts immunity response – I was really impressed.

Visit hayoumethod.com

Optrex has a new Warming Eye Mask. It recognises the strain the daily grind can have on both your body and your mind and presents the latest innovation to relieve and relax your tired eyes in just 10 minutes. It starts to warm up as it's opened, releasing gentle, soothing steam. This kind of product hasn't been seen in the UK before, and to further enhance the experience, Optrex has joined forces with renowned, former DJ Ash Sargeant to propel you to cloud nine. Search for the Optrex playlist on YouTube, kick back and enjoy.



Priced from £3.99 at boots.com

Valeur Absolue has been successfully combining parfumerie and wellness since 2013 and has recently launched an exceptional collection of dry oils, for body and mind.

Containing 98 per cent natural ingredients, they're an unusual combination of plant oils that have been used in ancient beauty rituals across the globe. The Sensualite Wellness Oil features soft notes of cedarwood to restore and find balance.

Priced £30 from houseoffraser.co.uk

