



Baby boom

Paraben-free, 100 per cent natural, British-made... Some major pointers on any new mother's checklist when choosing a skincare range for her and her new bouncing bundle. Boo Boo ticks all these boxes and has just launched a new Miracle Oil (£13.99).

As the name suggests it does wonders for stretch marks and restoring skin's suppleness and elasticity post-partum, thanks to hefty doses of Argan and sweet almond oil.

Available at Liberty



Wash and go

My colourist is always chastising me for over-washing my hair. I've tried dry shampoos to eek out my blow-dries but the cloying smell and a gritty scalp have left me unimpressed. That is, until I discovered Ojon Hair Rub-Out dry cleansing powder (£16). Its natural formula containing omega-3, -6 and -9, plus Amazonian white clay, rice and silk powders, leaves hair feeling fresh, my scalp clean and gives an instant lift to a limp day-old do.

Available at Liberty

High maintenance

By Lydia Williams



READER OFFERS

READER OFFER True Colour

Our shopping editor, Lucy Pridden can't recommend Paul Bingham, head colourist at Chelsea salon Lockonego, highly enough. Bingham's gentle manner puts clients at ease, while his sympathetic eye brings out the best in their hair. His subtle highlights are so natural, no one will ever guess you have enhanced your true colour.

For the month of April Lockonego is offering Resident readers 20 per cent off colour treatments. Just mention The Resident when booking and bring a copy of this page to your appointment.

394 Kings Road, SW10 0LN, 020 7795 1978
lockonego.com

READER OFFER Core-blimey

Take an intense dynamic reformer Pilates class, add spinning or circuittraining, and throw-in a wise-cracking personal trainer encouraging you every crunch of the way. The result? Absolute Pilates Plus, Parsons Green's latest fitness phenomenon. This is the holy grail of workouts: core-strengthening, muscle-lengthening, and intense fatburning, for a longer, leaner body. The small classes are held in a brand new, light and airy Parsons Green studio, fully fitted with separate spinning and boxing studios, and on-site sports massage by Gemma Burgess.

From £15 a class, trial class free. Quote The Resident for an extra free class with every bulk booking. Visit absolutepilatesplus.com or call Roy Elghanian on 020 7731 3704.

19 Heathmans Road,
Unit G, SW6 4TJ



Third time lucky

I am seriously impressed with Trilogy skincare. The Age Proof Daily Defence Moisturiser (£27.95) from this cult eco brand is a powerhouse of natural nutrients, essential fatty acids and is packed with wonder ingredients, such as organic rosehip oil, which is responsible for helping repair, strengthen and hydrate skin, while smoothing fine lines. It is the perfect seasonal skincare switch, with SPF15 protection, vitamins to beat off free radical damage and natural active Hyaluronic Acid to hydrate sun-parched skin. The Nutrient Plus firming serum (£29.95) delivers equally impressive results.

Stocked in Peter Jones and some Boots stores