

Beauty news by Kate Shapland

THE EXPERT SECRET OILS FOR SUPPLENESS Oils rich in fatty acids and antioxidants have a role to play in diet and beauty routines because they keep joints and skin supple. Good face, body and bath oils absorb fast (especially if massaged into warm skin or added to a bath). Use organic ones where possible. **Oliv' Radiance Elixir** From La Clarée's new olive-oil based line, this also contains macadamia and evening primrose oils. Rub six drops into skin at night. £29.50, luxuryorganicskincare.co.uk. **Viridian Ultimate Beauty Oil** A rich source of omega 3, 6 and 9 fatty acids and delicious too: add to salad or soup and enjoy in the full knowledge that not everything that is delicious is bad for you. £8.75, victoriahealth.com. **Liz Earle Bliss Vital Oils Body Spray** Earle, a tireless campaigner for natural beauty, has added organic apricot kernel, borage and passion flower oils to this fast-absorbing body spray. £12.25, lizearle.com. **Origins Night Health Bedtime Bath Oil** A mix of vitamin E oil with organic sunflower, safflower, jojoba and extra-virgin oils, this has a therapeutic value as well as being softening and very relaxing. £24.47, 08456-049049.



PRADA INFUSION DE FLEUR D'ORANGER
The first in a yearly series of limited-edition scents, this collectable floral, by the talented nose Daniela Andrier, includes key notes of orange blossom, mandarin oil, tuberose and jasmine. While being distinctly orangey, it is not at all as overpowering as many orange-based scents. It comes in a box dressed in vintage art deco Prada fabric design. Eau de parfum, £45, 020-7494 6220.

THE WEBSITE

RAWFAIRIES.COM

The place to order the diet menu of the moment: the raw food chef Anya Ladra devises the most delicious detoxifying recipes, based on sprouting and soaking processes, and delivers them, with extras such as smoothies and vegetable juices, to you every day. If you live in central London and want to lose weight, gain energy and mental clarity, hit this site and book a delivery (from £22.50).



THE COMEBACK DR. GORDSHELL'S SKIN CREAM

Formulated in 1903 by Dr George Gordsell of Baltimore, this cream – once famous for its spot 'drawing' abilities – has reappeared as an effective treatment for a number of skin ailments: minor burns, rashes, insect bites and scars are some of the niggles it treats. You could even use it on your cat or dog. £12, victoriahealth.com.

THE NOVELTY SWEET DUSTING POWDER

The epitome of French chic, Ladurée Violet Powder is made with the finest Japanese rice powder and scented with violets and a hint of brioche that is out of this world. It comes with its own black feather puff, and the powder has a mother-of-pearl shimmer, so when dusted over shoulders it gives skin a healthy sheen. £36, 020-7491 9155.

