

Spotlight on: Anti-ageing and Skin Care in the Sun

So, now we've finally got some sunshine, here are some recommended lines and special offers on products to protect your skin, before and after sun exposure.

We've got two new shelves of anti-ageing products right at the front of the shop, featuring anti-oxidant formulas as well as AllicinMax Garlic capsules, Co Enzyme Q10 and Vitamin C and Bioflavanoid mixes. Check out the shelves when you're next in store, if you're local or visiting soon!

Lamberts new Colladeen DermaPlus at (£18.95 for 60 tablets) has been clinically shown in trials not only to reduce wrinkles and improve skin elasticity, but to give the skin a SPF of 10 after only 12 weeks use. This formula contains high levels of Proanthocyanadins from berries to give the skin ultimate protection from within.

Another excellent product to consider for skin protection from within is Higher Nature's Astaxanthin (thought to be many times more powerful than Vitamin E as an antioxidant) at £7.60 for 30 or £20.25 for 90.

Also check out Terra Nova's excellent Antioxidant Complex, on offer at £11.50 for 50 VCaps (normally £13.00) or £22.75 for 100 (normally £18.75).

Pharmanord's Bio Pycnogenol 40mg, another well researched and powerful antioxidant, is currently on offer at £19.95 for 60 (Normally £23.95)

For skincare in the sun, Aloe Pura Sun Lotion (12.49 for SPF 25) and After Sun (6.99) both come with a free 100ml Aloe Vera Gel while stocks last. Aloe Vera gel is wonderfully cooling and soothing on sun burnt and sun kissed skin.

Jason's Aloe Vera Gel 113g is also on special offer, was £3.69, now £2.99.

So remember ...

Cover up - Limit time in the midday sun and seek regular shade.

Other than that, enjoy the sunshine!