



# Yummy Mummy BEAUTY

THE MOTHER OF ALL GUIDES

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YUMMY SHOP

## Prepare for autumn

AUGUST 23, 2013 BY ELAINE HUNTER



Shortly after qualifying as a Beauty Therapist, Amanda Elias (founder of Bravura London skincare) – and mum of three - [www.bravuralondon.com](http://www.bravuralondon.com) - opened her own beauty and make-up salon in Wales before freelancing as a professional make-up artist.

Beauty already in the blood, Amanda's interest in Skincare was sparked further by skin problems of her own, which led her to discover the benefits of AHA and BHAs for troubled skins.

With a vision to make an effective yet simple treatment safe and accessible to everyone rather than just those who could afford to pay for salon treatments, Bravura London was founded in 2003 as the FIRST company in the UK to supply chemical peels for use at home.

Following the launch, partner Ryan Heslop left his job to work alongside Amanda as the brand's director, taking the family-run business to new, flourishing heights.

Here are her tips to prepare your skin for the change in the season and get it ready for the colder months in the air.



1. If normally oily or combination skin is getting a little dry, don't use products designed for dry skin, this will only cause breakouts. Instead, try using a more nourishing moisturiser that is suitable for your skin type and try changing from a cleansing wash to a cream cleanser.

2. Central heating takes moisture out from the air; try leaving a dish of water near your radiators which will act as a humidifier to help replace the moisture that's lost- you can also add a few drops of aromatherapy oils to fragrance your room.

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3. Don't forget your SPF! Even in the winter

ment in the atmosphere and it's this UVA that causes premature ageing. Just because you're shining brightly, that's not to say your skin doesn't need protection.

Ingredients such as glycolic acid or lactic acid to exfoliate your skin rather than a scrub. Using a scrub on your face can dry out the skin. AHAs help to exfoliate by dissolving the glue that holds dead skin cells, leaving the skin instantly fresher and healthier without you having to scrub your skin.



5. Don't forget the children; their skin can also become dry this time of year, especially if they suffer with eczema, so use an appropriate moisturiser for their skin or a gentle, non comedogenic oil such as jojoba or avocado oil.

6. Humectants bind moisture to the skin; look out for ingredients such as Hyaluronic Acid, Glycerine, Lactic Acid, [Aloe Vera](#) and Urea in your moisturiser.

7. In the cold weather, our bodies crave hot baths and showers, unfortunately the hot water can dry out your skin leaving it itchy. Opt for a warm but not hot shower or bath then wrap up in a nice, fluffy bathrobe to warm up.

8. If your skin is dry, try adding a cupful of oats to your bath to soothe the skin, for less mess, put the oats in to the foot of an old

pair of tights, tie and cut the rest of the tights, you can save them to make more oatmeal bath.



9. Omega oils containing EPA are wonderful for helping to keep the skin and hair in peak condition. DHA keeps the brain functioning properly while the EPA in the oil helps by regulating oil production and acting as an anti-inflammatory. However, there are concerns that Omega 6 can actually make conditions such as acne worse so it's best to buy a product that contains only Omega 3.

10. Don't forget the skin on your body and feet, because we're covered up we tend to stop looking after the bits that aren't shown, we then panic when the sun comes out, scrubbing and moisturising to make our legs and feet look healthy enough to show off. Treat yourself to some gorgeous smelling products, then choose a day to exfoliate and

from head to toe, snuggle up in your bathrobe and go to bed early with a good book

fab mid-year diaries to help make you the most organised mum in the playground. Keeping a handle on our little ones, school clubs, coffee mornings, PTA... [More...](#)



## Daily Record autumn

You can feel a slight nip in the air despite a heavy forecasted,

the industry is gearing up for autumn. The colours for the new season are hot, even if the air is getting slighter cold. We have teamed up the Daily Record right on ... [\[Read More...\]](#)



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## Annabel Karr - August

A mother of two, Annabel Karr is the UK's best-selling author on feeding

children. She is an expert in devising simple and nutritious meals for children who need for parents to spend hours in the kitchen. Annabel has written 24 books on feeding babies, children and ... [\[Read More...\]](#)



## Director

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