

Grazia,
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GRAZIA HEALTH & BEAUTY

1 Hand-over
Hands are often overlooked and are actually the first place to show signs of ageing, along with your eyes and neck. Crabtree & Evelyn Tarocco Orange Hand Therapy, £14, is the perfect antidote to this.

2 Your fragrance friend
Landing this month is uber-clever and first-to-the-market Chanel Fresh Body Cream, £75. Its simple base scent can be used as a backdrop for any fragrance, making for a luxurious skin winner.

3 Bristle buddy
Brush away cellulite and bump up your circulation with Sanctuary Body Boosting Brush, £10.25. Victoria's Secret models swear by it!

4 Scrub up
Don't be like the one in three women who don't use an exfoliator - try Tia & Anda Brown Sugar Body Polish, £36.99, which contains a blend of brown sugar, sea salt and neroli.

5 Anti-ageing ace
Serums are a vital part of our facial care, so why not add one to your body ritual, too? Rogues O'Neil Cherish Skin Repair Serum, £42, contains broccoli seed and avocado to treat tired, ageing skin.

flash
Exciting news just in that Pantone have named emerald as the colour of 2013 - as seen at Stella McCartney and Dior.

BEAUTY CHARTS
Our top 5
Angelica Hermon brings you the lowdown on this week's hottest new buys, from a model-approved body brush to a brilliant new serum...

Photo: Pirella Göttsche; Chanel: © 2013 Chanel; Crabtree & Evelyn: crabtree-evelyn.co.uk; Rogues O'Neil: roguesoneil.com; Sanctuary: sanctuary.com; Tia & Anda: tianda.com