

lookfantastic®

JANUARY 2017

# BEAUTY BOX

*the*

THE BEAUTY REVOLUTION  
**EDITION**

*Refreshing*

AND  
SO THE  
*adventure*  
BEGINS ...  
lookfantastic



*Explore the World*



*Rich & Vibrant*



*Spiritual Grounding*

THIS MONTH'S  
*design* EMBARKS  
ON AN *adventure*  
TO FIND YOUR  
BEAUTY *discoveries*  
AND TO REFRESH  
YOUR ROUTINE



*Calming & Serenity*



*New year, New adventures*

*Say yes to new adventures*



AND  
SO THE  
adventure  
BEGINS ...

lookfantastic



@lookfantastic  
#LFBEAUTYBOX

# LOVE it

*Love your lookfantastic Beauty Box?*

Don't forget to join in the conversation on our social channels by tagging us @lookfantastic and using #LFBEAUTYBOX. We love seeing your photos, and you never know, in the next edition you may see your feedback below!

*#LFBeautyBox Twitter Party: Thursday 19th January from 7pm – 8pm GMT.*

Join us for our famous Twitter Party! Every month @lookfantastic host a Twitter chat full of exclusive tips from brands and bloggers, plus there's always an opportunity to win some great prizes! Come and join the party on Thursday 19th January from 7pm. We can't wait to see you there!

## THE BEAUTY REVOLUTION

*We love seeing your photos and reading all your lovely feedback!*

*"I love the lookfantastic Beauty Boxes. The products are really amazing & they often feature things I've wanted to try for ages! I'm always so curious about the contents."*

TheBonfireFox

*"I can't wait to receive my Beauty Box each month. I love the unique look & design of the boxes and that's without even considering the amazing contents inside!"*

Sue Fitzakerley

## the JANUARY EDIT

Welcome to the New Year LF Beauties! We are celebrating January in style by refreshing our routines and shaking up our skincare regimes. The New Year is a great time to try new products and completely overhaul your beauty routine, so of course we have some great ideas on how you can get things started.

We hope you love this Beauty Box as much as we do, so make sure you share your thoughts with us on Facebook, Twitter and Instagram. We can't wait to hear from you!

**Contributors:** Rachel Horsefield, Amelia Twentyman, Ghalia Khan, Chloe Griffiths, Sarah McCreedy, Ian Brennan, Sasha King, Holly Tomkins, Jasmine Gibson, Dan Howarth, Donna Russell and Grace Herd.

All prices correct at time of print. We reserve the right to change our prices at any time. All items subject to availability.

what's in THE BOX?



get the LOOK  
Discover the perfect skincare routine with Dr. Lancer

routine REFRESH



beauty GLOSSARY: IRIS

Discover the magic of this winter-flowering plant for your skin and complexion.

healthy breakfast IDEAS TO GET YOU GLOWING

Fuel your day the right way with our selection of the healthiest breakfasts.



health WITH HIRA



5 steps TO A MORE POSITIVE LIFE WITH MIO



coming up THIS MONTH...

Take a sneak peek at one of our newest launches.

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# what's in THE BOX?



## TRIFLE COSMETICS LIQUID GLOW

This rosy-hued highlighter illuminates your cheeks to give a glow that looks "lit-from-within." It is formulated with Cocoa Butter to nourish your skin and add essential hydration; perfect for the colder months!

### TOP TIP:

Dot along your cheekbones and then blend out to give a radiant and healthy flush to your complexion.

### We love it

This hypoallergenic highlighter is free from chemical nasties such as Mineral Oil and parabens, whilst also letting your skin breathe thanks to its non-comedogenic formula.



## JELLY PONG PONG FAIRY LASHES MASCARA

This curling mascara gives incredible length and volume to your lashes for a long-lasting and fluttering finish. The unique formula is free from chemical nasties and is enriched with Moringa Seed Resin, which helps to keep your lashes looking luscious all day long.

### TOP TIP:

Curl your lashes before applying and then sweep on a first coat. Apply a second time to help seal the mascara and set the curl.

### We love it

This product is hypoallergenic so suitable for those with even the most sensitive of eyes!



## THE VINTAGE COSMETIC COMPANY ROSE GOLD TWEEZERS

Make sure your brows stay in line with the Vintage Cosmetics Rose Gold Tweezers. They allow you to precisely pluck your brows without tugging your skin or causing any irritation, meaning that you get a great shape and finish.

### TOP TIP:

To help prevent redness after tweezing, always pluck your brows after a warm shower, which helps to open your pores.

### We love it

These tweezers have a slanted tip which helps you to get a more precise finish when you pluck your brows.

YOU WILL RECEIVE ONE  
OF THE NUXE SKINCARE  
PRODUCTS IN YOUR  
#LFBEAUTYBOX.



## NUXE NUXELLENCÉ ÉCLAT

This is the perfect product to help switch up your skincare routine as it recharges your skin with a blend of Passion Flower and Hyaluronic Acid.

## LOTION TONIQUE DOUCE

This gentle toner is infused with Rose Petals and Coconut to gently nourish your skin and shrink your pores without causing irritation.

### We love it

**Nuxellence Éclat:** Its super lightweight texture means that you can apply your other skincare products straight after, so you can get up and go!  
**Lotion Tonique Douce:** It instantly brightens your complexion and gives you a luminous and radiant finish.

### SHOP NOW

Shop all beauty products at  
[lookfantastic.com](https://www.lookfantastic.com)

# what's in THE BOX?



## PIXI BROW TAMER

This long-lasting brow gel leaves your brows preened to perfection. It contains a blend of soothing Aloe Vera and moisturising Panthenol to ensure you look flawless all day long.

### TOP TIP:

Brush up the brow to keep the hairs aligned and in place. The gel will then set them.

### We love it

It's instant formulation means you get beautiful brows instantly, meaning you can do your makeup in a flash.



## BRIOGEO DON'T DESPAIR, REPAIR! DEEP CONDITIONING MASK

The colder weather can leave your hair feeling a bit dry and looking a little lifeless. Add radiance and vitality back in by using the Briogeo Mask which contains a nourishing blend of Avocado Oil and B-Vitamin Complex to add essential hydration into parched locks.

### TOP TIP:

Apply when you're in the bath so the mask has time to sink in and condition your hair.

### We love it

The mask is super lightweight so can be used on all hair types to achieve radiantly healthy and gorgeous hair.

## 1 Use a water essence

The next trend in skincare is a water essence, which locks in hydration between your toner and serum. It will give you a soothed and moisturised complexion. Opt for the Jurlique Water Essence for a natural treat.



# ROUTINE Refresh

*To welcome in the New Year, we are looking at ways we can mix-up our beauty routines to achieve more radiant skin and healthier hair...*

## 2

### Go icy in your hair colour

Getting a cool shade isn't just for blondes. Opt for products that remove brassy tones and leave your hair clean and crisp. Try **Aveda's Blue Malva Shampoo** for blondes and **Black Malva Shampoo** for darker hair.



### Swap bronzer for blusher

Instead of reaching for your usual bronzing palette, opt for a lighter and rosy pink blush that will add a hint of colour and radiance to your cheeks. We love ModelCo's Peach Bellini, which can be built up to your desired shade.



### Try body brushing

We know the mornings are hard when it's early and dark, but making time to body brush will leave you feeling more invigorated and your skin smoother. Try Mio's The Body Brush, which also has massaging nodules!



### Use anti-pollution haircare

You may have heard of anti-pollution skincare, but the next trend is within the haircare category. The Grow Gorgeous Strengthening Oil helps to increase shine and protect your locks from environmental aggressors.



- Jurlique Water Essence | **£40**
- Aveda Blue Malva | **£33**
- Aveda Black Malva | **£33**
- ModelCo Blush | **£16**
- Mio Body Brush | **£14.50**
- Grow Gorgeous Oil | **£25**

GET THE LOOK

# DR. LANCER

OUR BEAUTY EDITOR AMELIA CHATS TO DR. LANCER ABOUT THE IDEAL SKINCARE ROUTINE.



DR. LANCER IS KNOWN AS THE **SKINCARE GURU TO THE STARS**, WITH CELEBRITY FANS INCLUDING **VICTORIA BECKHAM** AND **KIM KARDASHIAN**. WHILE I MAY NOT LIVE IN HOLLYWOOD AND HAVE ACCESS TO HIS CLINIC ON MY DOORSTEP, I WAS LUCKY ENOUGH TO HAVE A SKYPE SKIN CONSULTATION WITH HIM; DISCUSSING EVERYTHING I NEED TO KNOW ABOUT MAINTAINING A HEALTHY COMPLEXION AND ACHIEVING THAT FAMOUS, **"LANCER GLOW."**

## 1 MY HERITAGE AND FAMILY LINEAGE

This was the first topic of discussion as this is what is examined in an initial consultation with Dr. Lancer. The reasoning behind this is that you would never go into a hospital operation without first discussing your medical and family history, so your skin should receive the same treatment. A fair skinned person may have an ancestor with a dark complexion, and their complexion doesn't behave in the traditional way fair skin does.

In my case, Dr. Lancer diagnosed my ancestry as number 1 on the Lancer Ethnicity Scale, which means I am of Northern European heritage, with fair skin that burns easily and can have areas of sensitivity. This would mean that I need to introduce products gradually and take extra care in the sun.

## 2 THE PRESCRIBED METHOD

Based on my family ancestry and medical history, Dr. Lancer recommended a range of products and how often I should be using them to help give me a glowing complexion.

Firstly, he recommended the Sensitive Polish as exfoliants can sometimes cause too much irritation on my skin, so the Sensitive version will still exfoliate without upsetting the balance. He then recommended the normal Cleanse and Nourish to complete The Method and keep my skin healthy.

To supercharge my routine, he advised me to add in the Advanced C Radiance Cream after a couple of weeks into my morning routine. This will help to help awaken my skin and add in essential vitamins for the colder weather.

*"Skin Ancestry is so important for understanding the needs of your skin and prescribing the right products and treatment options,"*

*Dr. Lancer*



LANCER SKINCARE THE METHOD: POLISH | **£60**  
LANCER SKINCARE THE METHOD: CLEANSER | **£48**  
ADVANCED C RADIANCE CREAM | **£68**

**SHOP NOW**

Shop all beauty products at [lookfantastic.com](http://lookfantastic.com)

# BEAUTY GLOSSARY:

Iris

A GORGEOUSLY SCENTED AND VIBRANT FLOWER

## WHAT IS IT?

Iris is a flowering plant that is commonly used in skincare thanks to its anti-ageing abilities. It comes in two different forms: *Florentina Extract* and *Orris Root*.

## WHAT DOES IT DO?

Both the extract and root can help to encourage the skin to stay active and reduce damage such as fine lines and wrinkles.

It is a great natural alternative to use in place of chemical anti-ageing ingredients, as it can help to nourish and condition the skin, leaving you with a plumper and more radiant complexion.

## WHERE CAN I FIND IT?

Iris is becoming an increasingly popular ingredient in skincare, but these three classic products will always stand the test of time.

**Decléor Aromessence Iris Concentrate** - This lightweight skin elixir contains Iris to energise, hydrate and keep the skin glowing.

**Elemis Pro-Definition Day Cream** - Free from chemical nasties, this anti-ageing moisturiser helps to stimulate collagen production and nourish the skin to improve elasticity.

**Weleda Iris Hydrating Night Cream** - This moisturiser contains Iris Root that helps to stimulate Keratin production, which can help keep your skin protected from the sun.



DECLÉOR IRIS  
CONCENTRATE | £55  
ELEMIS DAY  
CREAM | £80  
WELEDA IRIS  
CREAM | £13.95

# Healthy Breakfast

## IDEAS TO GET YOU GLOWING

It's time to kick the New Year off to a healthy start. Not only are these recipes super quick and easy to make in the morning, they are also packed with a multitude of vitamins and minerals to get your complexion glowing. Full of different fruits, vegetables and sources of protein, they will help you get your morning off to the best start possible!

### *Avocado and Poached Eggs on Toast*



#### INGREDIENTS

1 avocado, 2 slices of wholemeal bread, hint of lemon juice, 2 eggs, salt and pepper to taste.

#### METHOD

1. Poach your eggs for 4-6 minutes.
2. While your eggs are cooking, mash the avocado with salt and pepper, and add a hint of lemon juice to prevent it from browning.
3. Toast your bread.
4. Spread the avocado mixture on the toast and then add your poached eggs on top.



### *Overnight Oats*

#### INGREDIENTS

1 cup of oats, 1 cup of coconut milk, 1 banana, 1tsp of chia seeds, cinnamon to taste.

#### METHOD

1. Mix the oats, milk and chia seeds together.
2. Leave in the fridge overnight to thicken.
3. In the morning, add the banana and cinnamon to taste.



### *Banana Pancakes*

#### INGREDIENTS

2 large eggs, 2 bananas, vanilla extract, a handful of berries, honey

#### METHOD

1. Blend the eggs, bananas and vanilla extract together.
2. Using a ladle, spoon a portion of the mixture into a frying pan. Add the blueberries on top, and cook until desired. Flip and cook the other side.
3. Serve with your favourite berries and honey to taste.



# 5 STEPS TO A MORE POSITIVE LIFE WITH MIO

IN ORDER FOR US TO **BE HEALTHY**, WE NEED TO **BE POSITIVE**, AND IT'S NOT ALWAYS EASY TO KEEP THAT MENTALITY. A POSITIVE LIFE IS ALL ABOUT BALANCE: WHETHER IT'S EATING A HEALTHY DIET DURING THE WEEK THEN INDULGING A LITTLE AT THE WEEKEND, OR SPENDING TIME WITH FRIENDS, THEN ENJOYING SOME TIME ALONE TOO. IT'S REALLY IMPORTANT TO **DO WHAT MAKES YOU HAPPY!**

## DON'T STOP MOVING

We're not saying get up at 5am and run a half marathon every morning, but simple things such as taking the stairs instead of the escalator, walking the long way round or going for a 20 minute jog in the evening can all help. These little things will make a huge difference to your general health and fitness, and help with a positive mind set too. All we ask is you give it a try!

## EAT YOUR MEDICINE

What you put on your plate is a much more powerful medicine than anything at the back of your bathroom cabinet. You should treat every visit to your supermarket like a visit to your pharmacy and buy fresh and whole grain food. Trying to avoid refined sugar will benefit your body in more ways than you can imagine. It's so easy to pick the most convenient option in our frantic lives, but our health is our wealth, so keeping a healthy balanced diet is super important for our wellbeing.

## LAUGH UNTIL YOU CRY

As cheesy as it may sound, laughing is just as important as a healthy diet and exercise routine. Laughter is scientifically proven to release endorphins, a feel-good brain chemical. So surround yourself with the people you love, or put a comedy on, and allow yourself to relax and enjoy a little bit of fun. You'll feel so much better almost immediately, we promise.

## WIND DOWN

Allow yourself some time every evening to wind down. Whether you've had a good or a bad day, we all need some alone time to do something we enjoy and take a break from the world. So we suggest you put your phone on charge in the kitchen to avoid temptation and pour yourself a bath with our Liquid Yoga Bath Soak. It has essences of Spearmint, Cypress, Lavender, Mandarin and Chamomile essential oils to help ease your stress and anxiety, plus moisturising Murumuru Butter so your skin feels as good as your mind. Take some deep breaths in and out to steady your heart rate and allow your mind to just close down for a minute. Pamper your skin after your bath with our Activist Oil to nourish and moisturise, then spray one spritz of Liquid Yoga Space Spray onto your pillow to aid your sleep.

## LOVE YOURSELF

Know inside that you are incredibly special! There's no one else that is you, and that is your power. There will always be something you'll be better at than someone else and vice versa, so realise your strengths and don't let anybody ever make you feel less than amazing, because as long as you're kind, you are incredible!

LIQUID YOGA BATH SOAK | £26  
LIQUID YOGA SPACE SPRAY | £19.50  
THE ACTIVIST BODY OIL | £29.50



# Health WITH



# HIRA

AS THE **NEW YEAR** EMERGES, WE ALL RUSH IN TO **MAKE RESOLUTIONS**. THIS YEAR GET IN THE HABIT OF WAKING UP WITH A NEW SKINCARE ROUTINE! HERE ARE MY **TOP TIPS** WHICH WILL HELP YOU ACHIEVE GREAT SKIN AND **MAKE YOU FEEL BETTER WITHIN YOURSELF**.

## EXERCISE

Start your day with a little exercise. This can range from jogging to cycling or even yoga. Exercise releases endorphins which are our happy hormones and are guaranteed to put you in a great mood. As well as improving your physical health, exercise can have a great impact on your skin too. Exercise allows increased blood flow around your body which delivers oxygen and nutrients into your skin.

## DRINKING WATER

As much as we crave caffeine first thing in the morning, replace this with two glasses of water. If plain water is not your thing, then infuse this with some fruit to give it a refreshing flavour. Water in the morning helps to boost your metabolism and hydrate your body, which in turn prevents your skin looking dull and dry.

## CLEANSING

When it comes to skincare, cleansing is definitely the most important step. Although your deep cleanse of the day should be before bed, it is equally as important to cleanse first thing the morning too. This is because your skin naturally regenerates itself during the night of excess oils and dirt. Use a gentle cleanser which is suitable for your skin type and always follow this with a toner to balance and further remove all traces of oils.

## CHOOSE SENSIBLE PRODUCTS

This goes without saying but always look for products which are suitable for your skin type. If you are unsure about your skin speak to a medical or a beauty expert who can advise you further. This is important as products are designed with specific skincare needs in mind and the ingredients can sometimes cause more harm than good when used incorrectly. It is also important to not use too many products together. Always introduce a new product one at a time to give your skin time to adjust, and allow at least four weeks to show signs of improvements.

## SPF

Get in the habit of using SPF daily, even on dull and cloudy days. Sun damage is the main culprit when it comes to skin ageing and pigmentation. Sun rays are divided into two main types which affect us daily; UVA and UVB. UVB is what causes burning and the tanning of your skin whereas UVA rays are more harmful and are responsible for ageing and cancers of the skin. These rays are also able to penetrate through clouds and glass, making it vital for your skin to be protected from this damage.

# COMING UP THIS MONTH...

# Nuface

You tone your body, you contour your cheekbones, so why aren't you doing both for your skin? **NuFACE** has answered this gap in the skincare market with their new facial toning device. The best part?

They are available at **lookfantastic** to make sure you start your New Year off to the right start for your complexion!



#### What does it do?

The NuFACE uses micro-current technology to deliver a toning and firming effect to the skin to leave your complexion looking radiant and more youthful.

#### What do I need to know?

Always use the NuFACE with the primer that comes with the device. It has been designed to work hand in hand and contains conductive polymers that help the micro-current technology to work into the skin.

#### How do I use it?

It only needs to be used for a minimum of 5 minutes across the jawline, cheek contour and forehead to deliver visible results. Just add in to your evening skincare routine 5 times a week and give your complexion a mini workout!

Shop the full collection now at **lookfantastic.com**

NUFACE MINI | £199



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