

beauty spot...beauty spot...beauty spot...beauty

# Are YOU a Yummy Mummy?

Do mums want to look good, feel good and stay younger longer? Sure we do. So welcome to **Child Magazine's Yummy Mummy pages!**

## SUMMER BEAUTY TIPS FOR BUSY MUMS

Summer can be really hard work for mums with kids off school and nursery, juggling childcare and work duties, and still trying to look good!

So we've put together some top tips to help you stay a looking good this summer with the minimum of effort. Hope it helps!

- ★ Have your hair cut and coloured before the kids break up from school
- ★ Buy a good quality waterproof mascara or
- ★ Have your eye lashes tinted so you won't have to wear mascara
- ★ Paint your toenails a neutral or pale pink so it is not too noticeable if the nail varnish chips. You can then just top it up with another coat instead of needing to take it all off and start again!
- ★ Try and organise some child care for the summer break so that you get to have some time to yourself.
- ★ Always plan what you are wearing the night before.
- ★ Buy some cheap and brightly coloured t-shirts - and flipflops to match! They will brighten up your wardrobe and you will look cool and co-ordinated!
- ★ Keep a lipgloss in every car and handbag so you're never without one!
- ★ Buy a trendy pair of sunglasses.
- ★ Finally...invest in some garden play equipment so you can relax with a good book while the kids play!

## THREAD VEIN TREATMENT

If you want to strip off for the summer but you have unsightly thread veins, you might consider checking out Thread Vein Treatment.

The Laser Hair Removal Clinic in Northampton offers this treatment with prices starting from £50 for 15 minutes.

The technique removes thread veins using laser treatment. With a beam of light the laser delivers a prescribed dose of energy to the thread veins. The laser selectively coagulates the problem veins while sparing the surrounding areas. After treatment the vessel slowly and naturally disappears.

This treatment works best on people with white skin, and is not suitable for anyone with dark skin.

The Laser Hair Removal Clinic says typically only one or two treatments are necessary.

For more info CALL The Laser Hair Removal Clinic on 01604 634999 or email [enquiry@laser-clinic.co.uk](mailto:enquiry@laser-clinic.co.uk)

## TRIED AND TESTED



### FAKE BAKE AIR BRUSH SPRAY TAN

This is said to be celebs favourite self tanning brand - and we could see why. It has an easy to use aerosol that applies and dries in minutes.

Child Magazine testers tried it out. Here is what they said:

"I have never managed to use fake tan successfully before but this was fantastic - it was really easy to put on. You spray it on then rub it in. It seems to disappear into your skin - and didn't leave any streaks or white bits."

"I liked Fake Bake Air Brush Spray Tan because it gave a more natural tan than most fake tans. There was no tinge of orange and it looked totally natural."

Fake Bake AIR BRUSH is available to buy in salons nationwide and costs £25.00



## WATERPROOF MASCARA



Blinc's mascara is the original water resistant mascara to form tiny tubes around your lashes, rather than painting them like conventional mascaras. Once applied, the tubes bind to your lashes and cannot run, smudge, clump or flake, even if you cry, swim or rub your eyes.

To remove the mascara, you need to use lots of water and gentle pressure. Blinc's mascara will add both volume and length to give you a radiant natural look that lasts all day.

So if you want stunning lashes on the beach without panda-eye smears check it out.

[www.blincmascara.co.uk](http://www.blincmascara.co.uk)