

Sport Sister
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wellbeing

3 natural ways to boost your recovery

Feeling the burn? Try one of these post-workout remedies to give your recovery a bit of a boost.



hair today, gone tomorrow!

Whether you shave, wax or epilate, hair removal is generally not much fun. So we thought we'd take a look at what's new and exciting in the hair removal world so you're ready for when the sun starts to shine. Shorts at the ready?



Aubrey Organics Crème de la Shave
 £4.07 (118ml)
www.aubreyorganicsuk.co.uk



Motif laser hair removal
 £140 for half leg
www.skinassociates.co.uk

Laser has come a long way from the prohibitively expensive and painful treatments when they first hit the market. Motif is a new pain free laser that will see you hair free in as few as four fast treatments, making it the top choice for a fuzz free body.



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Whole leaf wheat grass powder which can be made into a recovery smoothie. The chlorophyll in the powder has been shown to effectively increase the body's repair and resistance to illness.

paste instead of wax. The difference? A delicious smell (like hot caramell!) and less damage to the skin. A great product but one we'd recommend to microwave owners only as it's tricky to keep heated.



Alida of London Depilatories Hair Remover Mitt
 £1.99 (pack of three)
www.alida.co.uk

These superfine abrasive mitts for the legs gently exfoliate the skin, removing hair to leave skin soft and smooth. We found them a great alternative to waxing or shaving for pain free hair removal, though more effective when used on lighter or fairer hair.



Emjoi Lady ROTO Shave
 £49.95
www.boots.com

This new wet-shave device features rotating blades spinning 360 degrees on a specially designed roller 30 times a second for a quick and close shave. Our tester liked the spiral protection design which aims to minimise the risk of nicks, cuts and irritation.