

# VIP

IRELAND'S BIGGEST MONTHLY

## ALL IS CALM

On your nights in, wake sure you indulge in a bit of 'R&R', to set you up for your nights out!

Choose your Pampering or Soothing bath oil from **SPC Collection**, with essential oils. €44 at Arnotts ▼



Apply a face mask - **Yes to Carrots Mud Mask**, €12.99; allow to penetrate for a few minutes ▼



▲ Restore hair's lustre - apply **Pantene Intensive Repair Treatment** and leave in for a few minutes, €6.49



Gently ► massage **Body Shop Harmonising Massage Oil**, €17.10, on hands and feet to release tension

▲ Try **H2O+ Overnight Perfecting Peel**, an oil-free serum that revitalises skin, €34, at Clerys



◀ Get scrubbin' with **Organic Surge Bergamot Body Scrub** (99% organic), €8.99



Instead of ▲ any of soap, try **Crabtree & Evelyn's Comforting Goatmilk Body Wash**, €16



SPA SPC