

FITNESS CAPSULE KIT



PT and founder of The Model Method, **Hollie Grant**, reveals how you can travel light and still keep fit.
@PilatesPT

(1) MODEL MOTIVATION

'Stay motivated with expert guidance and support by signing up for an online workout such as my **Model Method** (£100 for an eight-week plan; themodelmethod.co.uk). Many of my clients have jobs that require them to travel all over the world and they stay in shape by following the videos from their hotel rooms.'

(2) THIN AND TRIM

'Weighing just 2lbs and measuring in at 1.5mm thick, this **Lululemon Reversible (Un) Mat** (£42; lululemon.co.uk) takes up very little room in your bag. It offers amazing grip for sweaty palms and feet, but if you don't have the energy to strike a pose, just sunbathe on it!'

(3) AHEAD OF TIME

'Cool, stylish and oh-so-helpful, the **Apple Watch** (£259; apple.com) tracks your activity levels and provides daily reports so you know how much, or how little, exercise you're doing, plus it helps you stay in touch with the world while storing boarding passes, hotel confirmations and maps.'

(4) SUIT UP

'Forget trainers (go barefoot) and multiple layers of gym kit – the only thing you need to wear to keep fit in the sun is a supportive swimsuit, so you can jump around on the beach or frolic in the water without fear of flashing your boobs. **SweatyBetty's Unilateral Shaping Swimsuit** (£80; sweatybetty.com) is figure-flattering yet highly practical for outdoor activity.'

(5) GRACEFUL GLIDING

'Fitness sliders provide a great way to mimic exercises you would normally need a TRX or Reformer machine to carry out. Pop these **Physical Company Gliding Discs** (£21; physicalcompany.co.uk), under your feet or hands to slide on a shiny floor – you only need a small space for bodyweight exercises such as lunges.'

(6) JUMP TO IT

'Skipping is fantastic cardio, and it's so easy to slip a rope into your beach bag for

an any-time, any-place workout. If baggage weight isn't an issue, take a weighted rope such as this **Everlast 2lb Weighted Skipping Rope** (£9.99; argos.co.uk) to challenge your upper body too. For a great HIIT workout, skip at maximum effort for 60 seconds, rest for 30, and repeat 10 times!'

(7) WEIGHT TO GO

'Lightweight, portable and ridiculously versatile, you can replicate hundreds of gym equipment exercises using these **Davina Stretch Resistance Bands** (£32.99 for three; argos.co.uk). Stand on them to train your arms, back and shoulders, or tie around your thighs to intensify lunges.'



TOP TIP
Avoid lotion and potion leaks by removing lids from cosmetics bottles, adding a layer of cling film over the top, replacing the lid and sealing it with clear tape.

HOLIDAY *PACKING* SORTED!



Want to have a fit, healthy, happy holiday without being weighed down by the entire contents of your medicine cabinet, make-up bag and home gym? We've asked the experts to give us their pick of the only essentials you need to pack this summer so you can travel without the threat of excess baggage fees and busted suitcase zips – and still be prepared for every health, fitness and beauty eventuality.

WORDS: Joanna Ebsworth



BEAUTY CAPSULE KIT



Make-up artist and beauty expert, **Lauren Naylor** tells you how to apply your cosmetics like a pro. [@Lauren_patsy](#)

(1) LUSCIOUS LASHES

'I love my favourite mascara, but dislike the waterproof version. A slick of this **NYX Proof it! Waterproof Mascara Top Coat** (£5.50 for 17g; boots.com) doesn't add much to your make-up bag, but transforms your favourite mascara to stay put without ruining its lash prowess.'

(2) GOLDEN GIRL

'Save space with multi-tasking **Nuxe Huile Prodigieuse Multi-usage Dry Oil – Face, Body, Hair** (£19 for 50ml; marksandspencer.com). Sweep this shimmering oil over legs for a 'silk-stocking effect', combine with moisturiser to brighten your complexion or dab onto cheekbones for a sunkissed glow. At least 95 per cent natural and containing vitamin E and sweet almond, it also helps to nourish sun-scorched skin.'

(3) TWO IN ONE

'No one wants to wear heavy make-up on their hols, so brighten up your complexion with **Laura Mercier Colour Dots Lip & Cheek Sheers** in Sangria (£24 for 4.5g; spacenk.com). This talc-free translucent chubby stick gives a subtle burst of colour that's perfect for cheeks and lips to enhance your summer glow.'

(4) NAILED IT!

'For no-chip holiday nails, apply a gel-like formula such as **Essie Nail Gel Couture** (£9.99; Superdrug) before you go. Simply paint on two layers of your favourite hue – "Sit Me in the Front Row" is the ultimate holiday bright – then follow with a luxurious top coat of **Essie Nail Polish Gel Setter Top Coat** (£9.99; Superdrug) which features shatter-proof technology.'

(5) BARE NECESSITIES

'Leave your foundation at home, as you won't want to wear it in the heat anyway. **Dermalogica Sheer Tint SPF 20** (£34.80 for 40ml; dermalogica.co.uk) is a multi-tasking, oil-free beauty balm that moisturises, protects and promotes a radiant complexion. It will give you a sheer wash of colour for those first few

days in the sun, and uses hyaluronic acid to hydrate your skin.'

(6) MANE ATTRACTION

'**Ultrasun's Sun Protection Daily UV Hair Protector** (£18 for 150ml; qvcuk.com) is a holiday hair must-have. It helps protect the colour and condition of your hair from UV rays, chlorine and salt water, plus it returns elasticity and moisture, and detangles the most sun-stressed locks.'

(7) WATER BABY

'Micellar water makes removing waterproof formulas, grime, oils and thick, gloopy sun cream effortless. The tiny balls of cleansing oil molecules in soft water melt away products and are gentler on your skin than facial wipes. **Nivea 3 in 1 Sensitive Micellar Water** (£3.99 for 200ml; Boots) deeply cleanses without stripping skin.'



TOP TIP
Use see-through ziplock bags to separate everything from phone chargers and headphones to keys and medications, so the bottom of your bag doesn't become a tangled clutter.

HEALTH CAPSULE KIT



Jet-setting GP and former Gladiator **Dr Zoe Williams** explains the essential items you need to stay well while away. [@DrZoeWilliams](#)



(1) PLUCK AWAY

'Holidays often mean lots of walking in sandals or even bare foot. Carrying around these **Tweezerman Petite Tweezers** and case (£12.50; boots.com) will come in handy if any incidents occur with glass or other foreign bodies in the skin. They're also perfect for managing any unwanted hairs that might become apparent when you get into your bikini.'

(2) PATCH IT UP

'Blisters from new shoes can cause misery on holiday so be sure to pack some blister plasters such as **Superdrug Faster Healing Hydrocolloid plasters** (£3.79 for 16; superdrug.com) to protect wounds, promote healing and reduce scarring. A few standard plasters are worth having with you, too.'

(3) ACTION AGAINST ALLERGIES

'Antihistamines are crucial to have on hand to help alleviate the symptoms of allergic reactions caused by insect bites and stings, or mild to moderate food allergies. **Boots Hayfever & Allergy Relief 10mg Tablets** (£4.29 for 14; boots.com) will help you beat itchy eyes and nose, and reduce raised, red skin.'

(4) SAFE IN THE SUN

'The sun causes all kinds of health travesties, including skin cancer. When you're in the sun, reapply sunscreen approximately every two hours, or after swimming or sweating, even if you have dark skin. Look for sunscreen with at least four-star UVA protection and a minimum of SPF15 to protect against UVB rays, such as **Clinique SPF 30 Mineral Sunscreen Lotion for Body** (£25 for 125ml; clinique.co.uk).'

(5) BANISH BRUISES

'If you're unfortunate enough to take a tumble while out running or hiking on uneven mountain paths, a tube of **Nelsons' Arnicare Arnica Cream for Bruises** (£5.49 for 30ml; hollandandbarrett.com) is a handy

item to have stashed away in your pack. Apply the traditional herbal remedy up to four times a day to unbroken skin.'

(6) GERM BUSTER

'Keep a handbag-sized bottle of alcohol gel on you such as **Cuticura Total Advanced Defence Hand Gel** (£1.49p for 50ml; Superdrug) to de-bug your hands before eating. However, this is not a substitute for good old fashioned soap and water for hand washing after the loo!'

(7) BUZZ OFF

'Always pack insect repellent, especially if travelling to an area with the Zika virus, which is transmitted by mosquitos. Studies show **Mosi-guard Natural Insect Repellent** (£7.49 for 75ml; eChemist.co.uk) is on a par with synthetic repellents such as DEET, and provides up to 10 hours of complete protection against a range of insects. If you're travelling to a malarial country you may need to start anti-malarial medication several weeks prior to travel.' ■

TOP TIP
If you're heading to a lively destination but need sleep to function, don't neglect to take ear plugs and an eye mask – they might just save your sanity.



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