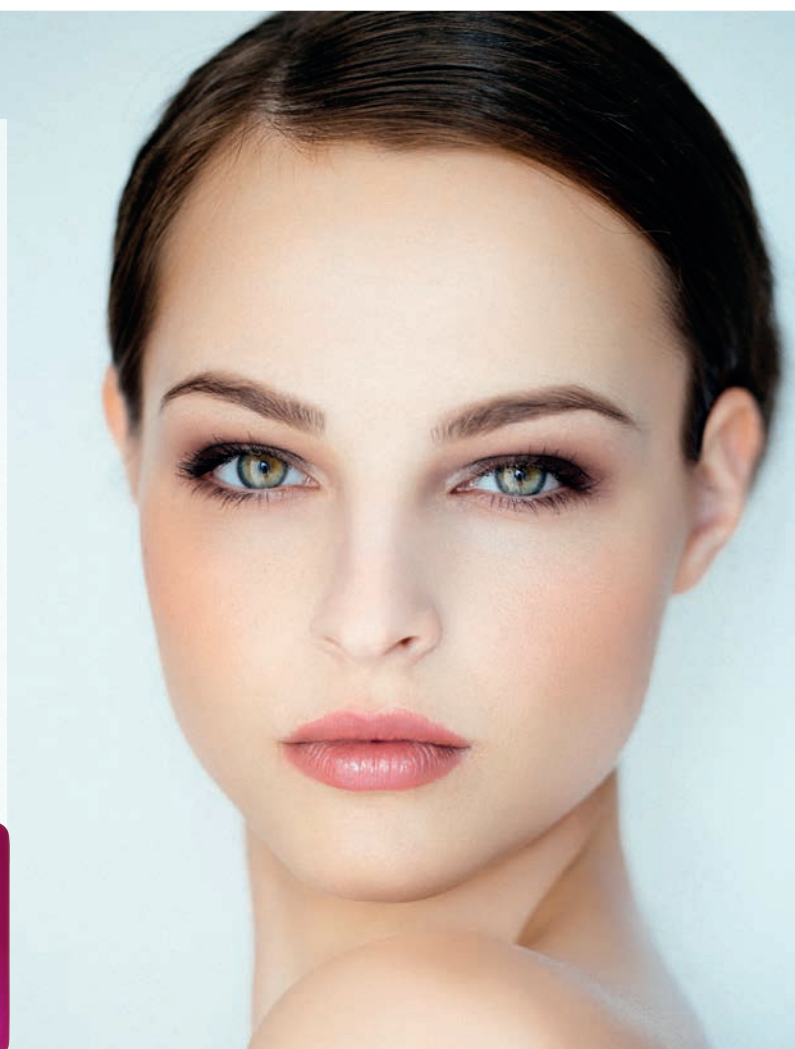


## SPA FOR A CAUSE

Cancer survivors and sufferers can experience the healing and restorative benefits of spa and massage treatments in National Breast Cancer Awareness Month this October, thanks to spa events organised by the Made for Life Foundation ([madeforlife.org](http://madeforlife.org)). Set up by Amanda Barlow, MD of Spiezia Organics ([spieziaorganics.com](http://spieziaorganics.com)), the foundation aims to make sure no cancer patients are turned away from a spa. Spiezia Organics Head in Heaven spa ritual (available nationwide) is also especially designed for cancer patients. Or try the Spiezia Cancer Recovery Kit (£49 for five products; [spieziaorganics.com](http://spieziaorganics.com)) at home.



WORDS: Yonah Alkayot PHOTOGRAPHY: iStock

## Beauty NOTEBOOK

Look your best with the latest products

### {CELEBRITY FAVOURITE}

'Decléor oils make my skin feel softer and well hydrated. My favourite is Aromessence Nérolí'

Jade Jagger, 43

Aromessence Nérolí  
Oil Serum for your  
face, £44 for 15ml;  
[decleor.co.uk](http://decleor.co.uk)



**WE LOVE:** Dr Hauschka Eye Shadow Palette. With its neutral matte shades, it doubles up as a great eyebrow powder.



£28 for 4 x 1.8g;  
[drhauschka.com](http://drhauschka.com)

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of the best...  
MULTI-PURPOSE  
BALMS

**LAVERA BASIS SENSITIVE ALL-ROUND CREAM, £7.15**  
for 150ml; [hollandandbarrett.com](http://hollandandbarrett.com)

One of the best budget-friendly moisturisers, this is enriched with organic shea butter and organic almond oil.



**YES TO COCONUT HEAD-TO-TOE HYDRATING BALM, £10.99** for 85g; [boots.com](http://boots.com)

Coconut, sweet almond and avocado oils will cheer up dry elbows, knees and feet. It's 98 per cent natural.



**POTASH FARM KENTISH COBNUT OIL SKIN REPAIR BALM, £16** for 50ml; [kentishcobnuts.com](http://kentishcobnuts.com)

Keep it simple with just cobnut oil, beeswax and essential oils from Kentish lavender. A divine smell and 100 per cent natural.

