

WORDS ANNIE VISCHER
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We shared our biggest – and least glamorous – summer beauty problems with the pros, so you don't have to

HEATWAVE SOS

I'm prone to ingrown hairs, which I'm self-conscious about. What can I do?

Marta Zaczekowska, waxing specialist:

'They're a common side-effect of waxing, but you can take steps to avoid them. After waxing, use a salicylic acid cleanser to gently exfoliate your skin once a week. If you've already spotted a few ingrown hairs, remove them carefully with a purpose-made tool, like the Sarah Louisa IngrownOut Tweezer, which makes them easy to pluck without damaging your skin and causing more inflammation. To soothe irritation, look for fragrance-free oils or moisturisers with calming, antimicrobial botanicals, such as camomile and tea tree oil.'

TRY: Sarah Louisa IngrownOut Tweezer, £25/Fur Ingrown Concentrate, £32/Anthony Ingrown Hair Treatment, £37.

Can I do anything to stave it off my constant sweaty upper lip?

Hannah Martin, celebrity make-up artist:

'Blotting paper is an excellent way to absorb sweat without adding product. Dab gently (wiping will disturb your make-up) and you are done, it's that simple. I once had a bride in Italy who came to me saying, "Help, I'm beading!", blotting paper to the rescue.'

TRY: Tatcha Aburatorigami Japanese Blotting Papers, £12.

Hot weather brings on painful chafing between my thighs; is there a solution?

Dr Alexis Granite, consultant dermatologist: 'Start with preventative measures – wear loose-fitting clothes and be sure to change sweaty clothes soon after a workout to avoid irritation. There are quick fixes too, such as anti-chafing sticks or powder. Megababe Thigh Rescue was so effective it went viral on TikTok last year.'

TRY: Megababe Thigh Rescue, £12.

I want to look make-up free on holiday but cover up my spots too. Can I do both?>

BIKINI TOP: E.148; AND BOTTOM: E.126; BOTH NANUSHKA



MINERAL SUNSCREENS ARE WELL TOLERATED BY SENSITIVE SKIN

Hannah Martin: 'Of course! The key here is a concealer that matches your skin, not your foundation. I rate cream formulas, such as L'Oréal Paris's Infallible version – it's long-wearing and stands up well in the heat. It's high on coverage so use a small brush to dab and stipple it over blemishes. Leave to air-dry for a minute before patting it with your fingertip to blend the edges and remove any excess. Set with a translucent powder. To ensure it stays all day, use a spray-on SPF to reapply your sun protection.'

TRY: L'Oréal Paris Infallible 24H More Than Concealer, £9.99/Laura Mercier Translucent Loose Setting Powder, £36.50/Bondi Sands SPF50+ Fragrance Free Face Mist, £8.99.

My hair parting burns in the sun. How do I protect it without getting greasy roots?

Sam McKnight, celebrity hair stylist: 'Protecting that sensitive skin should be your priority, and it is possible to do without your roots looking lank. Apply an oil-free high factor sunscreen to a cotton bud and dab it along your parting, ensuring adequate coverage. If any product strays on to your hair, wipe it away with my Hair by Sam McKnight's cloths. If you don't have time for a hair wash when the sun goes down, you can use them to wipe away the SPF in your parting too – they're laced with soothing aloe vera and witch hazel, a great root refresher after a day in the sun.'

TRY: Eucerin Oil Control Sun Gel Cream SPF50+, £18/Hair by Sam McKnight Lazy Girl Biodegradable Hair Cleanse Cloths, £17.

I love fake tan but my hands and feet are always a dead giveaway, what's the secret?
Kimberley Nkosi, spray tan specialist:

'A little fake tan goes a long way on hands and feet. Start by moisturising. Your hands and feet are two of the driest parts of your body and if left unmoisturised can absorb too much fake tan. Mix two or three tanning drops with a little extra moisturiser and – scrunching your toes and holding your hand in a claw shape to expose any creases – apply in sweeping strokes. Circular motions are more likely to result in streaks. Finish by buffing in with a blending brush, concentrating on your ankles and wrists then wipe over your nails and in-between fingers and toes to clean away any excess.'

TRY: Isle of Paradise Self-Tanning Body Drops, £26.95/Bare by Vogue Williams Body Brush, £18.

Heat rash is a real bugbear of mine, is there anything I can do to prevent it?

Dr Alexis Granite: 'Heat rash occurs when sweat glands become blocked and most often presents as small, raised spots, swelling and itching. Opt for lightweight moisturisers and sunscreens as heavy ones could clog your pores further, and wear moisture-wicking fabrics. If heat rash does occur, applying a cool compress can help, as well as soothing gels, hydrocortisone creams and oral antihistamines.'

TRY: La Roche-Posay Anthelios UV Mune 400 Fluid Oil Control SPF50, £19/E45 Itch Relief Gel, £9.99.

My skin reacts to most facial sunscreens, what can I use?

Dr Alexis Granite: 'I'm a big fan of CeraVe's

AM Facial Moisturising Lotion SPF50, which is fragrance-free and made with hydrating ceramides and niacinamide, which helps to reduce inflammation. Mineral based sunscreens are also typically well-tolerated by those with sensitive skin; look to brands like Supergoop! and SkinCeuticals.'

TRY: CeraVe AM Facial Moisturising Lotion SPF50, £13/Supergoop! Mineral Sheerscreen SPF30, £34/SkinCeuticals Mineral Radiance UV Defense SPF50, £45.

I feel my best when my eyes are defined, but how can I swerve panda eyes?

Hannah Martin: 'Use a waterproof or a tubing mascara. Bobbi Brown's No Smudge Mascara and Lancôme Lash Idôle Waterproof Mascara have never failed me. If you're not a fan of waterproof formulas – they can be tricky to remove – try a tubing mascara. The formulas wrap around each lash like a film that only comes off when massaged with warm water. Victoria Beckham Beauty's Future Lash Mascara is brilliant. Your other option is a lash lift, a salon treatment that perms your lashes back and gives them curl. You won't get the volume that a mascara delivers, but it can make your eyes look wide and bright with zero risk of smudging.'

TRY: Bobbi Brown's No Smudge Mascara, £28.50/Lancôme Lash Idôle Waterproof Mascara, £25/Victoria Beckham Beauty Future Lash Mascara, £29.

I always protect my face from the sun, so it often ends up looking much paler than my body. What's the secret to applying a natural looking fake face tan?

Kimberley Nkosi: 'First, apply a hydrating serum and use a spoolie to brush a little moisture through your brows to prevent any product build-up there. Apply a lip balm too, as they are prone to picking up too much tan. Never use a body fake tan on your face, as they can be drying. Instead, add a few drops of face tanning drops to your favourite moisturiser and apply as you would a face cream. Use a clean foundation brush to blend into your hairline, up towards your ears, around your nose and down your neck to create an even fade.'

TRY: Typology Progressive Self-Tanning Serum with 10% DHA + Carob Pulp Extract, £36.50/Edy London Buffing Foundation Brush, £13.99.

