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THRILLERS IN the mist

As well as being portable, refreshing and energising, sprays have many other benefits. *Maria Balazs* reports

While most of us would not think about our mist or dry skin, the fact is that it's a real problem for many of us. Mist sprays are a great way to keep your skin hydrated and your face glowing. And, being portable, they're perfect for use on the go.

When making use of a mist spray, it's best to spray it onto your face and neck, and then pat it into your skin. This helps to lock in the moisture and gives your skin a fresh, hydrated glow.

There are many different types of mist sprays available, from hydrating mists to toning mists. Some are specifically designed for sensitive skin, while others are formulated for oily or combination skin. It's important to choose a mist spray that suits your skin type and your needs.

Some of the most popular mist sprays on the market include:

- ESPA**: A hydrating mist spray that contains natural ingredients like aloe vera and chamomile. It's perfect for sensitive skin.
- YON-KA**: A toning mist spray that helps to refresh and firm the skin. It contains natural ingredients like lavender and thyme.
- THALION**: A marine mist spray that contains seaweed extract and other natural ingredients. It's designed to hydrate and soothe the skin.
- ELLA BACHÉ**: A body contouring mist spray that helps to firm and tone the skin. It contains natural ingredients like caffeine and green tea.
- AGERA**: A soothing mist spray that helps to calm and soothe the skin. It contains natural ingredients like chamomile and lavender.

PRODUCTS AT A GLANCE

ESPA Spray mist offers light hydration, but their focus was on skin hydration. The mist is formulated with aloe vera and chamomile, and is perfect for sensitive skin. **Contact: 020 7518 8370.**

YON-KA Lotion PS is formulated with lavender (heals and soothes); rosemary (tones and detoxifies); thyme (antiseptic); geranium (balances oil production); and cypress (strengthens skin proteins) to help soothe sensitive skin. **Contact: 020 7518 8370.**

THALION Marine Toning Mist contains concentrated trace elements and minerals to stimulate natural functions, while a moisturising complex prevents skin from drying out. Laminaria digitata algae extract restores radiance and freshness, while chitin moisturises and heals. **Contact: 020 8590 5598.**

ELLA BACHÉ Body Contouring and Firming Fire Elixir reduces the appearance of orange peel skin by stimulating the breakdown of adipocytes, while promoting and stimulating fibroblast production of collagen and elastin for an immediate skin-firming effect. Ingredients include hibiscus (firm), saffron (tones), and the seaweed extract, fucogel (tones). **Contact: 020 7512 0872.**

AGERA Soothing Conditioning Mist moisturises, tones and conditions skin. Alcohol-free, it contains aloe and azulene to soothe, tone, refresh and condition skin; aloe and natural phospholipids to moisturise; and anti-irritants bisabolol and azulene. **Contact: 01245 227 752.**

GATINEAU Intense Invigorating Body Spray is for those needing a wake-up call. Ingredients encompass camellier extract to soothe; alcohol to refresh and tone; lotus extract to protect and decongest; HSP (heat shock protein – a yeast protein extract that limits heat and inflammation while also kickstarting an anti-stress, defence mechanism); and hydropex (plant extract with hydrating properties). The energising fragrance comes from grapefruit, lemon, orange and peach extracts. **Contact: 0800 731 5805.**

CRYSTAL CLEAR Revitalising Tonic is a two-in-one tonic and facial freshener. Alcohol-free, it's ideal for acne-prone skin. Cucumber extracts hydrate and moisturise; mineral salts and trace elements heal, soothe and calm; manganese and vitamin B12 draw out impurities; while a thin, protective film left on skin helps cells retain moisture. **Contact: 0151 709 7227.**

REPÉCHAGE Algo Mist Hydrating Seaweed Facial Spray is alcohol-free and adds moisture to skin, while refreshing, hydrating and toning. The formula contains seaweed extract, ginkgo biloba and vitamin C. **Contact: 01706 234 580.**

AVEDA Chakra Balancing Body Mists – formulated according to Ayurvedic chakra-balancing traditions – are refreshing, aromatherapeutic blends for mind and body, being based on the seven chakras to promote balance and relaxation. Meaningful, alcohol-free Caribbean Therapy Flower Water uplifts and rejuvenates the senses while hydrating. It is made with a blend of orange flower extract (conditions); Caribbean sea salt (rich in minerals); bioactive ginkgo gum (hydrates and conditions); and neroli, mandarin and basil essential oils. **Contact: 0870 034 2380.**

geranium. It soothes, rehydrates and renews, and is particularly good for dry and sensitive skin.

Contact: 0845 680 0772.

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