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# TOP Santé

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MEALS FOR A HEALTHY  
Stay sharp with these simple



French women focus on cleansing and moisturising with good-quality products

BE: NICOLE WILKMAN; PHOTOGRAPHS: SHUTTERSTOCK AND GETTY IMAGES

(Melvita, Darphin, Caudalie, Nuxe, and L'Occitane) as well as cosmeceutical brands with patented techniques, such as Filorga, SVR and Bioderma. And new brands are popping up all the time, such as Laboratoire du Haut-Ségala (LHS), a natural, organic brand that offers 25 pure plant oils and eight floral waters: Sjaelve, which is centred around birch sap and chaga fungus; and Gallinée, with prebiotic and probiotic ingredients a focus.

And when it comes to make-up, Dior, Chanel, Givenchy, Lancôme, Guerlain and YSL have things all wrapped up in terms of creating that

### Top French treatments

Mathilde Thomas, author of *The French Beauty Solution* (£16.12, Avery) and founder of skincare brand Caudalie, says it's not uncommon for French women to have a facial once or twice a month, but another favourite treatment is endermologie. This is a deep-tissue massage that's designed to tackle cellulite and remove toxins and may be the reason French women look so good on the beach! You can try LPG endermologie at various salons in the UK (find your nearest at [endermologie.com](http://endermologie.com)). At home, harness the power of grapes with Mathilde Thomas's Crushed Cabernet Body Scrub: put ¼ cup brown sugar, 2 tbsp grape seeds in a bowl, pour on at least ½ cup grape-seed oil until the seeds and sugar are saturated, then add ¼ cup raw honey and a few drops of your choice of essential oil, such as lavender. Warm in the microwave for 20-30 seconds then massage all over your body before rinsing off in the shower.

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