

**1 BALANCE BOX**

Kickstart a detox plan with the utterly scrummy Balance Box delivery service. Honestly, some of the most delicious, well-balanced, energy-enhancing food ever with temptations like Spiced Tilapia and black bean salsa and curried parsnip and coconut soup. You could eat like this for life.

From £16.99 a day; [balancebox.com](http://balancebox.com)



**2 SANTA MARIA NOVELLA LIPID CREAM**

From one of the world's oldest pharmacies, this moisturising lipid face cream with Morinda citrifolia extract is particularly brilliant for irritated, sensitive and tired skin.

50ml, £140; [smnovella.com](http://smnovella.com)



**3 CLARISONIC MIA 2**

Give your face a daily mini facial with this natty device that massages the skin, giving it a really deep cleanse that allows your face products to penetrate deeper and actually do the work they're required to do.

£130; [clarisonic.co.uk](http://clarisonic.co.uk)



**6 HENRI CHENOT BODY BALANCE**

Brilliant for continuing the good work after a spa break, detox guru Henri Chenot's three – or six – day at-home detox box comprises sachets of 100% soluble high protein that is mixed to make yoghurts, soups and drinks.

£300; [palace.it](http://palace.it)



**7 DR JACKSON COCONUT MELT**

This is a delicious smelling cure-all balm for skin, lips, hair – the lot. It's 100 per cent organic, solid at room temperature but melts on touch, and is super hydrating.

£10; [harveynichols.com](http://harveynichols.com)

**4 ELEMIS PRO RADIANCE ILLUMINATING FLASH BALM**

Elemis' new balm is a magic moisturiser and more, doing exactly what it promises. It instantly brightens skin to leave a smooth, dewy, luminous effect perfect for summer freshness.

£32; [elemis.com](http://elemis.com)



**5 ADUNA BAOBAB FRUIT PULP POWDER**

Baobab is a nutrient-dense wholefood full of antioxidants. Aduna's 'The Feel Good Fruit' range includes a powder you can add to smoothies as well as capsules for on the go ease.

From £17.99; [aduna.com](http://aduna.com)



**SPA DIY**

*No time to hit the spa? Make a haven in your own bathroom instead*

**8 SJAL SAPHIR CONCENTRATE**

This niche brand has a celebrity following and their new face oil is packed full of anti-ageing ingredients and specially infused with calming Himalayan blue sapphires and aquamarine. Liquid gold...

£120, 30ml; [harveynichols.com](http://harveynichols.com)



**9 TIMOTHY DUNN CANDLE**

Bring that sensory spa smell to your bathroom for a spot of DIY pampering with Timothy Dunn's deliciously decadent candle in Grecian Lime.

£42; [timothydunn.london.com](http://timothydunn.london.com)



**10 UP**

Who'd have thought a bracelet could deliver so much? Through sensors, you can now learn more about how you eat, sleep, move and feel, the results of which are delivered through your

smartphone, allowing you to make achievable lifestyle choices. £99.99; [jawbone.com](http://jawbone.com)