

A full-page photograph of a woman with long, wavy hair, wearing a white halter-neck bikini and bright red sunglasses. She is smiling and looking towards the camera. The background shows a beach with waves and a sunset sky with warm, golden light. The overall mood is happy and relaxed.

FEELING GOOD

PROJECT *HONEYMOON*

Your essential guide on how to feel beach-confident and downright amazing for your best holiday ever!

IMAGES: ISTOCK WORDS: HOLLY JOHNSON



"BEACH, COOL SUNNIES
AND A HOT HUSBAND.
LIFE IS SWEET!"

let's do this! SIX MONTHS "TIL THE BEACH

First things first – up your exercise and start a healthy eating plan. Forget the word 'diet' and focus on eating 'clean' foods (i.e. nothing processed). "Reduce sugar and dairy, cut down on alcohol and eat fresh foods that will nourish your mind, body and skin," says skincare expert Debbie Thomas. "Don't worry if you have a naughty day, just commit to going back to healthy tomorrow."

Alongside this, find exercise that will fit with your lifestyle – whether it's running, swimming, yoga or circuits, aim for at least one class a week to start reaping the rewards.

BOOK THIS: Loved by Lily Cole and Naomie Harris, Essentrics is the ultimate in body defining. A cross between Yoga, Pilates, Tai Chi and Ballet, this class will ensure you have great posture and look lean and toned. Essentrics masterclasses and retreats take place throughout the summer at Champneys Tring and Henlow. champneys.com

THREE MONTHS "TIL THE BEACH

It's time to think about what treatments you might want to book in and go for some trials – or start practising if you're doing them at home! Planning a spray tan? Go for a few sessions to get an idea of what colour is right for your skin tone and how long the tan will last. We love St Tropez Bespoke Sculpting Tan, from £25 – visit sttropheztan.co.uk to find your nearest therapist.

It's also a good time to deal with