

**THERE ARE FEW THINGS** more evocative than the scent of a summer night, particularly those filled with the unfamiliar and exotic perfume of foreign climes. And to recreate, or complement those balmy evenings, there are a host of delicious perfumes to spritz through the warm months with. Just remember that summer scents don't contain alcohol, and so don't last as long as your usual fragrance, so you'll need to respray frequently.

My all-time favourite for its powerful associations is **Diptyque's Olène eau de toilette** (£48 for 100ml; available from the Diptyque boutique, 195 Westbourne Grove, W11; 020 7727 8673), a heady blend of sweet wisteria and narcissus that is pure white flower; an uncannily accurate scent that I can't do without.

**Jo Malone's** new **Nectarine Blossom & Honey** (£54 for 100ml; available by mail order from 020 7720 0202, or online at [www.jomalone.co.uk](http://www.jomalone.co.uk)) is a wonderfully refreshing scent which combines cool notes of clementine, peach and nectarine with rich blackcurrant, plum and vetiver, and warm honey. Divine.

Australian perfumer Renne Griffith fell in love with the scents of Bali while on holiday there, and her delectable range **Renee** includes a delicious **Tuberose** (£26.50), which is like wearing the flowers themselves. Packaged in simple white boxes sashed with a black ribbon, the range also includes **Mediterranean Lily** (£26.50), **Amber** (£26.50) and **Snowpeach** (£26.50). If you want to try all the fragrances in the range, then opt for the **Mini Fragrance Wardrobe** (£36), which gives you all five perfumes to sample – a real treat. Available exclusively from that internet treasure trove, [www.myvanitycase.com](http://www.myvanitycase.com)

Head to **Les Senteurs** to pick up the exotic **Bahiana** (£76; 020 7730 2322) in a bottle the colours of birds of paradise – worthy of pride of place on any mantelpiece. Based on Brazilian oranges, yellow mandarin and coconut, Bahiana is a tropical scent evoking beach-side cocktails, and smells every bit as exotic as the bottle looks.

No stylish summer would be complete without a **Diane von Furstenberg** dress, and now you can complete the look with a dab of her new perfume. **D** (£37 for 50ml; DvF, Ledbury Road, W11; 020 7221 1120) is as sophisticated as you would expect, with a mix of jasmine, patchouli and sandalwood. Perfect for smart twilight drinks (preferably on a yacht cruising the Med but a Grove garden will do).

Don't let your man feel left out; after all, he will need a fresh fragrance for summer too. **Jayne Ormonde's Isfahan** (£54; [www.ormondejayne.com](http://www.ormondejayne.com)) is an original concoction, reminiscent of languorous eastern delights, with its mix of lime oil, pink pepper, bergamot and cedar: sexy and fresh all at the same time.

The designers have also come up with a raft of lovely summer scents packaged in delectable bottles. Probably the two that win out for best packaging are **Jean Paul Gaultier Eau d'Ete** (£33; 020 7730 3038) with its curvy bottle depicting tropical fish and its daring, spicy aroma; and



Feeling nosy?  
Clockwise from top:  
Diptyque's Olène;  
YSL's Opium Fleur de  
Shanghai; Jean Paul  
Gaultier's Eau d'Ete;  
Marc Jacob's Blush  
and Bahiana



## Scents of summer

A wealth of new and exotic fragrances have hit the shelves this summer. **Kamin Mohammadi** finds the best scents to keep you feeling fresh and fruity

**Stella McCartney Sheer Stella** (£29.50; 01444 255700) which looks – and smells – beautifully girly and very feminine, and there is a limited edition available just through the summer. **Marc Jacobs Blush** (£49) is warm and romantic, with notes of jasmine, honeysuckle and soft musks, while you can't beat **YSL Opium Fleur de Shanghai** (£34; 01444 255700) for sheer sex appeal and high glamour. **Michael Kors Island** (£40 for 50ml; 020 77301234) is an exotic and fruity scent that, with its aroma of Chinese kiwi and ginger lily, is almost good enough to eat.

But scents don't just stop at perfume. To envelop the skin in wonderfully fresh, sum-

mary fragrance, sink into a bath run with lashings of **Laura Mercier Clementine Honey bath** (£30; available from SpaceNK, 127-131 Westbourne Grove, W11; 020 7727 8063), which is luxurious and softening, while the fresh notes of clementine clear the head.

And bring a touch of summer indoors with **Diptyque's** new scented candle, **Pois de Senteur** (£29.50), which will fill your home with the delightful fragrance of sweetpeas.

So whether you are in and around the Grove, or adventuring in more exotic outposts this summer, there is a scent that can suit every mood and memory you desire.

## WELLBEING



## SUMMER MAKE-UP

Make sure you change your make-up with your tan. Favourites this year include the **Prestige Mosaic bronzer** (£6.99; available from Boots), which features bronzing shades that you can mix together for the perfect glow. The **Guerlain Terracotta Bronzing Make Up Palette** (£40; 01932 233 909, pictured) mixes face and lip colours in a beautiful limited edition compact. **RMK** has the season's most shimmering bronze lip and nail colours (available at Harvey Nichols), while **MAC's Indie Girl** lipstick is the ultimate frosted peachy copper for summer nights (£11; available at MAC stores).

# Bodybites

by Kamin Mohammadi



### Three of the best: TRAVEL PACKS

The best mini products to keep your luggage light  
**REN Miniature goodies for keeping face and body radiant.** With four sets to choose from – normal, dry, sensitive and combination skin – there's a set to match each skin type. £33.55; stockists: 0845 2255600.  
**E'SPA ON THE MOVE Compact and refillable, the bottles, which include eye lotion, cleansing milk and skin polish, are everything you need to stay hydrated and glowing on the plane.** £35; stockists: 01252 352230.  
**KORRES TRAVELLING LIGHT** (pictured left) Beautifully packaged collection of mini hair and body products. Very cute. £12; stockists: 020 7581 6455.

### Word of mouth

**LYCON ACTIVE GOLD STRIP WAX** Lycon wax promises 'pain free' waxing. Its low temperature and pliable wax are what's behind the claims, and its high adhesiveness enables it to pull out hair as short as one millimetre. Available at hip local wax bar Strip, flavours include chocolate and hazelnut, as well as one with lavender and chamomile essential oils. Pain-free waxing without having to wait for long regrowth – if such a thing is possible, it's my job to find out. I opted for the Active Gold strip wax as I wanted my legs waxed, but for a Brazilian or Hollywood, it's best to go for one of the hot waxes. With funky boudoir décor and plasma screen beaming MTV, this isn't your regular experience. Nor was the wax – flecked with gold leaf, it went on thinner than ordinary cold wax and, while the wax wasn't exactly painless, it did hurt a lot less than usual and managed to pick up even short hairs for a smooth, shimmering finish. Strip, 112 Talbot Road, W11; 020 7727 2754

# Holiday yoga

## ROUTINE IS THE CORNERSTONE

of every practice, be it the working day, eating patterns, or yoga practice. So when that routine is interrupted – even if that is by something as wonderful as a holiday – you might find your yoga practice is the first thing that flies out of the window. Getting back home and finding that regular routine of going to class again, can be hard. But it is possible to continue with your yoga while you are away, without having to find a studio or teacher, or even lug out a yoga mat with you. Before you go, ask your teacher to help you choose four or five simple postures that you can do, an abbreviated practice that works for you. Then when you arrive at your hotel, ask for extra towels and use these on the floor instead of a mat. Try to find a time each day when you can practice the asanas – the advantage of just concentrating on a few, is that they give you the flexibility to practice for as much or little time as you want, as you can vary the length of time you stay in each posture. And then, when you get back home, it won't be so hard to slip back into your regular practice.

### Posture of the month



### BALASANA (Child's Pose)

**THIS GENTLE POSE** is ideal after a long plane journey, and any time that you are feeling a bit hot and bothered. It gently stretches the lower back as well as the hips, thighs and ankles, and it helps slow down the breathing, encouraging the breath to move deeper and to the back of the body. Child's Pose thus calms the brain, and is very good for relieving stress and anxiety. If your forehead doesn't reach the floor, place a folded blanket under the head and rest it on that, thus stretching out safely and helping to relieve back and neck pain. The arms can be overhead with the palms on the floor, the palms or fists can be stacked under the forehead or they can be along side the body with the palms up. If your buttocks don't reach your heels, place a folded blanket between your calves and thighs.

Illustration by Natalie Mosquera