





summary

A SUN BATH
Sunbathing has always been considered a healthy habit, but it may cause problems if we overdo it. Enjoy its benefits without risking it; this summer, tanned, well cared for skin is all the rage.

BODY AHOY

Before hitting the beach, rethink and reset your body care routines. We bring you the winning combination to hydrate your skin and keep cellulite at bay. What's keeping you from enjoying the summer?

18 TONE UP
New beauty tools: eyes and lips in acid or sweet colours, colourful manicures and pedicures and neo-plaits in your hair. Come aboard this summer's look.

24 ACHIEVE THE GLOSSY WET EFFECT

Geranium, rose and lavender. Glossy effect lips and nails in floral tones will make the temperatures rise. Take note of what is fashionable this season!



28 SWEET REBEL
Cautious and daring, discreet yet trendsetting, sweet but nonconformist; check out the new, limited edition Sweet Rebel collection.
Created specifically for women who will not allow subtlety to hold them back from making a difference.

32 MANICURE AND PEDICURE IN FULL COLOUR

Make your hands and feet the stars of the year's warmest season. Achieve this by exercising the necessary care and thanks to the colour explosion brought to you by the New California nail varnish collection.

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On the front cover

The model is wearing: Fixed No. 07 papaya lipstick, Waterproof eyeliner, Waterproof mascara and Exotic bronzing powder

A SUN BATH



New UNDER THE SUN

Are you ready for the first rays?

The objective is to achieve a uniform, luminous, beautiful tan: to do this, you must take the following guidelines into account:

✓ The skin must be free of impurities and dead cells; exfoliate for a couple of weeks before the first exposure to the sun, and for a month after the last one; but do not overdo exfoliation, as it thins the skin and leaves it more exposed to the sun's rays. Hydrate properly in the morning and evening.

✓ Adequate eating habits help protect and block the free radicals that accelerate cutaneous photoageing. Take note: your diet should be rich in beta-Carotene, omega 3 and antioxidants. Add carrots, citrus fruits, nuts and leafy green vegetables to your daily diet.

Protect

'Ir skin!

-lasting tan by

's cells with

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"posure

"a Show off a long providing your sking antioxidants. Start taking Sun a couple of weeks before exposult to the sun. This will favour a uniform, long-lasting tan, rounding off the effects of the sunscreens.



(1) SPF30 sun milk / (2) SPF20 sun milk / (3) SPF50+ sun milk / (4) SPF50+ sun spray / (5) SPF30 sun spray / (6) SPF15 sun spray / (7) SPF50+ special sensitive skins sun milk / (8) SPF30 special sensitive skins sun milk / (9) SPF30 dry touch tan accelerating protective oil / (10) To Go SPF30 special sensitive skins sun milk (contains six individual sachets) / (11) Sun Capsules with beta-Carotene and zinc / (12) SPF50+ coloured anti-ageing facial cream / (13) SPF50+ anti-ageing facial fluid



The Commandments OF THE SUN'S LAVV

- ✓ Avoid exposure during the warmest hours of the day.
- ✓ Use appropriate clothing, broad-brimmed hats or caps and protective sunglasses.
- ✓ A mistake: In general, not enough photoprotection is used in terms of number of applications, amount used and SPF. This derives in problems such as burns, staining, allergic reactions, premature ageing or wrinkles.
- ✓ Opt for high or very high water and sweat resistant sun protection factors, as they will be your protective shield. We recommend Seesee 50+ and 30+ sunscreen.
- ✓ Cutaneous ageing and exposure to the sun's rays go hand in hand, so protect your face all year round not just during the warm months as this will avoid the appearance of wrinkles, stains, dryness and cloudiness in your skin. Choose a sunscreen that contains natural ingredients, such as the Invisible SPF 50+ anti-ageing facial gel, enrichened with omega 3, 6 and 9 and red seaweed extract.
- ✓ Apply every hour or hour and a half in the areas where stains tend to appear, such as eye contour, nose, forehead, upper lip and cleavage.
- ✓ Sunscreens now come in different textures, some of which are easily applied, like the sprays. The cream format is recommended for the face, as it is more absorbent and hydrating. Please note that oily skins need more fluid or oil-free textures. However, creams are best suited to dry skins.











fter a day at the beach, it's time to pamper your skin: hydrate, repair and soothe. We recommend applying aftersun instead of your normal cream, given that it is designed to return your skin to its optimum hydration levels after exposure to the sun. It contains soothing active ingredients!

The Repairing aftersun prolongs your tan, and it is especially formulated to make the golden tone given by the sun's rays last longer. If you prefer the refreshing sensation of a gel texture, go for the Aloe Vera aftersun gel. Aloe Vera soothes and aids skin regeneration.

SUN Sparkles

If you tend to shy away from the sun or won't be exposed to it much due to having to work at the office during the summer, don't let this be an impediment to show off a tan.

We recommend the **Self-tanning body milk**, which gives your skin a golden tone. You may apply it as often as you like until you achieve your preferred tone. To avoid unevenness, it should be applied in a uniform manner, like body milk.

The **Immediate tan effect body gel** brightens up your skin, providing an instant natural tan, and if you are already tanned, it enhances your skin's colour. It is applied through a mild massage. Its effect and duration is like that of make-up, so you must use water or your usual cleaner to remove it.

For increased comfort, you may also use the **Self-tanning wipes.**



SPRAY SOLAR SOLAR

selcare

Remember

Wash your hands thoroughly after using the self-tanner, and wait a few minutes before dressing, until it has completely absorbed.

A ray of sunshine...

Protect the little ones' skins with the waterproof SPF50+ children's sun spray and SPF50+ children's sun milk while they enjoy playing in the sand.

And after a fun-filled afternoon? It's time for a good shower, and to calm their skin, use Children's aftersun lotion, which also hydrates and repairs.









100% hydrated skin

The protocol is clear this summer: exfoliation, hydration and tanning. First concentrate on hydration, both inside and out.

✓ Drink 2 litres of water on a daily basis, especially when it's hot.

✓ Detox; clean out your system before wearing your swimwear - your body and health will thank you. Perform an in-depth cleansing ritual, consisting of drinking fruit and vegetable juices that lighten, hydrate and repair your body.

✓ Hydrate using the new Cream Oil. Discover a different way of nourishing and softening your skin thanks to a new product that changes textures when applied. The Oriental or White flowers body cream oil is a novel cosmetics product that has a creamy texture at first, but that then transforms into a silky oil as you apply it to your skin, enveloping you in its pleasant fragrance.

✓ If you're in a hurry, hydrate while in the shower. The In-shower body hydrator represents an easy, practical way of pampering your skin daily. Its hyaluronic acid and shea butter enriched formula nourishes and softens your skin. How is it used? After the shower, apply the hydrator on moist skin by massaging gently, then wait for a few minutes and rinse with plenty of water.



With a silky touch

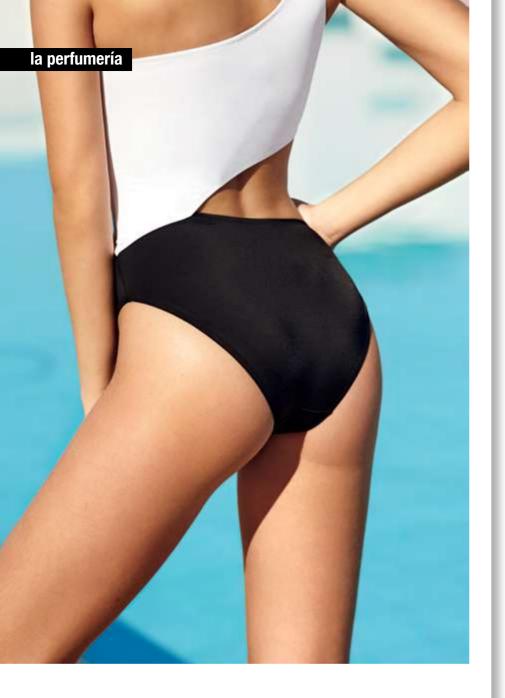
The **Body cream oils** hydrate and nourish thanks to a combination of their active ingredients:

- Rice oil, which nourishes and softens thanks to its vitamin E, squalene and linoleic acid.
- **2** Glycerine, which provides intense hydration.





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DREAM team

he time has come; we're sure you already have your swimwear and summer clothes ready. But beware! do not stop using anti-cellulite products - operation bikini continues, and persistence is key to noticing the effects. Remember you must always combine them with a balanced diet and exercising.

We bring you the winning combination: The **Deliplus reducing anti-cellulite** combines active ingredients such as caffeine, wheat germ oil and centella, which help prevent cellulite and improve orange-peel skin. We recommend applying daily through a soft, ascending circular massage, with special emphasis on the areas where fat accumulates. Whether at the gym or when travelling, there are no excuses, always carry Vanity Series extreme anti-cellulite with you. The practical sachet format it comes in allows for carrying and applying it anywhere, and its melting texture helps easy and quick spreading and absorption. The cellu-intelligence active complex acts at a cellular level, burning fat and preventing it from re-accumulating.

Mercadona's Perfumery brings you the **Viseger Pharma Anti-cellulite** phyto-aromatic emulsion, with firming, toning active ingredients. And show your legs off this summer!





Anti-cellulite MASSAGE

It is important to apply the cream twice daily through a massage starting at the ankles and ascending towards the abdomen, through circular movements, applying some light pressure. Apply to your abdomen through concentric circles for improved efficacy.

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Beauty Tips

for a proper body exfoliation

Free your skin of dead cells and impurities. Do this by using a body exfoliant. We have the ingredient your skin needs for the whole summer: salts from the Dead Sea. Soften and refresh your skin with the **Mineral Body Exfoliant with salts from the Dead Sea**. In addition, you will achieve a beautiful, uniform skin tone.

- ✓ The **main benefit** of body exfoliation is that it eliminates dead cells from the epidermis, which oxygenates the skin and makes it more receptive towards absorbing the active ingredients applied. It stimulates blood circulation and favours drainage.
- ✓ There isn't an ideal moment to go through this ritual, do it when you have time. After exfoliating, we recommend a good hydration, through a gentle massage that nourishes and activates microcirculation.
- ✓ The **perfect place** to exfoliate is in the shower, as exfoliant is best applied on moist skin, by gently massaging with special emphasis on areas such as elbows or knees. Then remove excess with tepid water and finish with a jet of cold water to tone up.
- ✓ One of the keys to this beauty moment when applying the exfoliant is **massaging**. Take note! Ascending movements in arms and legs, and in circles in the abdomen, chest, back and buttocks.



Take advantage of the arrival of the nice weather to adopt 4 simple healthy life habits

The time has come to incorporate fruit and vegetables in your diet.
Vegetable or fruit salads, gazpachos, cold vegetable soups, juices...

Dusk and dawn are the perfect times for a walk on the beach. Just 30 minutes a day will suffice to keep you in shape, and it will also help you relax.

If you don't have time to go out for a walk or do sports, do away with using the lift, walk where you need to go, get off the bus or tube a couple of stops before yours...

Play your favourite music at home and try a simple exercise routine, surely you can dedicate 30 minutes to this at least a couple of times a week.

Alternate between push ups, squats and press ups.

Don't let anything stop you this summer! Forget about heavy legs, take the **Light Legs vials** with butcher's broom, which favour blood circulation. The **Detox capsules** help eliminate toxins from the system, and this shows in your skin's health.







Cushion mania

The latest trend in cosmetics comes from Korea. Cushions are used mainly to apply make-up or blush, although they may be used for anything with a liquid texture, such as eye shadows or lipstick. Cushions consist of make-up or blush soaked pads and a sponge that humidifies when the pad is pressed, allowing for a much more precise, comfortable use of the product, as well as a more uniform finish. You may carry one in your handbag to touch up. They are rechargeable and include a mirror; the perfect tool for simplifying the make-up ritual. Easily correct the skin's small imperfections with the melting, natural and light SPF35+ Cushion Blushion make-up, with three colours to choose from. Add a healthy touch to your cheeks with the fresh and

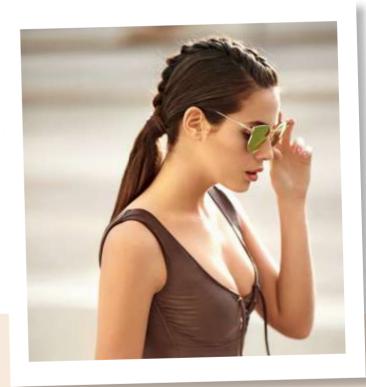






BRONZING <u>powder</u>

f you want to give your skin a golden, luminous, tanned touch, use the new **Exotic bronzing powder.** You'll look radiant. Mix the two colours insisting on the darker or lighter part, depending on the colour of your skin. You may also use them as blush.



Make-up in strokes

Try the new **Deliplus make-up brush**, an innovative product with an ergonomic design that facilitates the application of fluid or creamy texture make-up or compacts. It is made from synthetic fibres and comes

with a handy plastic cover to keep it in your toilet bag without staining it. You'll love it!



A MASTER'S TOUCH Neo-plaits Undoubtedly plaits are in young but the

Undoubtedly plaits are in vogue, but this season they have once again reinvented themselves to return with an air of glam rock: One or two plaits in the top of the head that join in a central pony tail.







Invisible deodorant

The **Invisible deodorant** is ideal for the summer months: it protects fabrics from the appearance of white and yellow stains. You will feel its delicate, enveloping scent, which will be with you in your day to day. It provides efficient control for 48 hours. Feel safe!



Capillary exfoliation

skin, and that we must look after it in the same way we look after our face and body. Capillary exfoliation helps remove dead cells and excessive sebum from the scalp. The **Exfoliant capillary balm** is perfect for oily hair types and/or those with dandruff. It provides a feeling of freshness and *is applied through a light* massage which oxygenates and activates microcirculation, leaving your hair looking radiant.

DO YOU KNOW...? When to **exfoliate** the scalp

Much like with facial and body exfoliation, it mustn't be done too often. It may be carried out once or twice weekly depending on the scalp.



The summer calls for fresh fragrances that mitigate the heat sensation. We recommend 9.60 pure sport water, Citronella body spray, Vuela, Melodía para una mujer and Picnic eau de toilettes.

VOILÀ! Perfect eyebrows and eyelashes

The Transparent mascara combs the eyelashes while giving them thickness and a beautiful wet-effect shine. Its colourless transparent gel texture potentiates and respects your eyebrows' natural colour. It is unisex, and may also be used as an eyebrow fixer.





Glossy wet effect

Geranium, rose and lavender.
Glossy effect lips and nails in
floral tones... will make
the temperatures rise.
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fashionable this season!





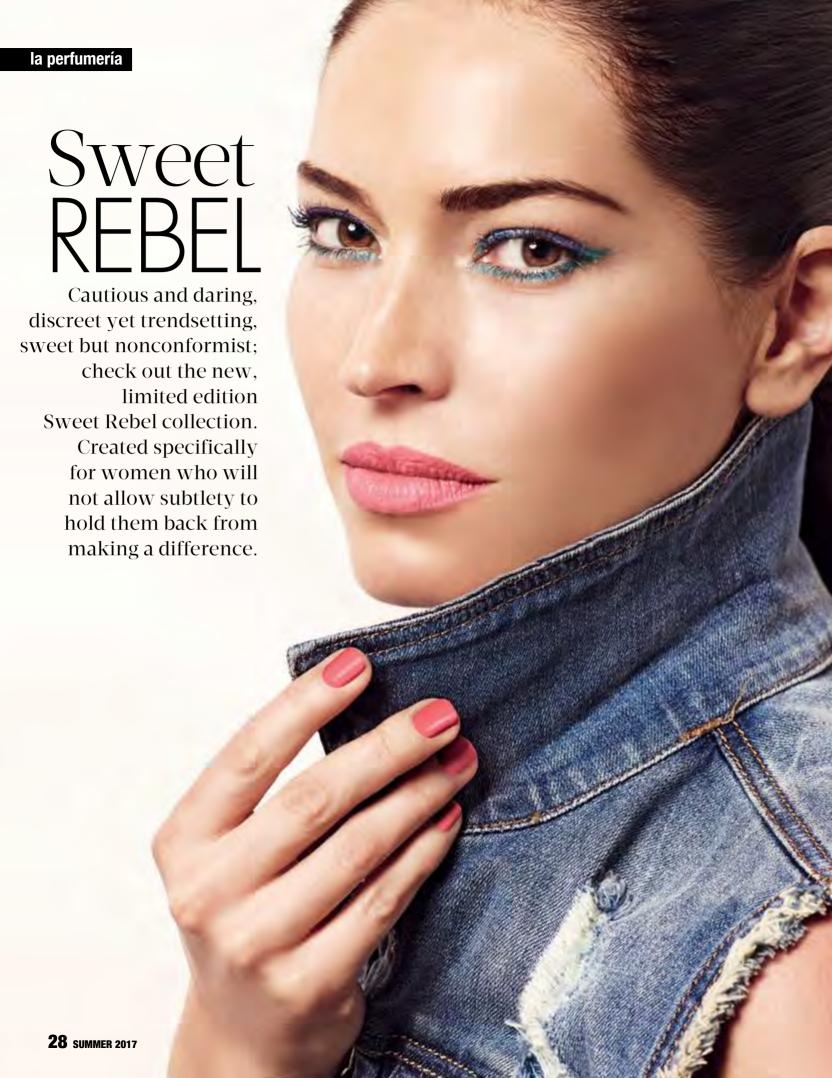


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don't forget to use the No. 662

gloss top coat.







Blue JEANS

chieve an intense, luminous, long-lasting gaze with the Sweet Rebel cream shadows. Start by applying a small amount of product, adding more depending on the amount of colour needed. Mark a half moon on the mobile eyelid using the (1) Sweet Rebel No. 05 long-lasting blue jeans cream shadow, then mark the lower eyelid and the side of the eye with the (2) Sweet Rebel No. 102 long-lasting turquoise green gel texture pencil.

For the eyelashes, (3) **Sweet Rebel Xtrem No. 03 mauve mascara** to bestow a special attractive touch and more luminosity to the look. Together with these pop-inspired eyes in blue tones, the lips balance out the look thanks to the (4) **No. 01 light pink creamy lipstick**, the (5) **Multicolour blush** in the cheeks, and the (6) **No. 752 gel effect coral nail varnish** from the **Floral Collection** to the nails.

TIP

Do you normally stain yourself when applying mascara? Don't worry, leave the stain to dry for a couple of minutes and then rub it off with an earbud: there will be no trace left and your make-up will be spotless.











Double EYELINER

This summer, we are wearing more colourful, original make-up. If you'd like to achieve this look, start by marking your eyes with (1) Sweet Rebel No. 04 longlasting luminous green cream shadow. Then use the (2) Sweet Rebel No. 06 long-lasting pastel pink cream shadow by way of eyeliner. The key to this look is the double eyeliner, which gives it strength and luminosity.

Then mark the lower eyelid with (3) Sweet Rebel long-lasting gel texture dark mauve pencil, and then (4) Sweet Rebel Xtrem Length No. 04 metallic green mascara; this results in a striking yet subtle make-up style. Make the lips up with (5) No. 10 creamy lipstick, the cheekbones with (6) Multicolour **blush** and wear yellow nails by using (7) New California No. 755 yellow nail varnish, providing contrast to this look.











The eyeliner brush is the tool you need to define the line and width of the stroke.









Manicure and Pedicure

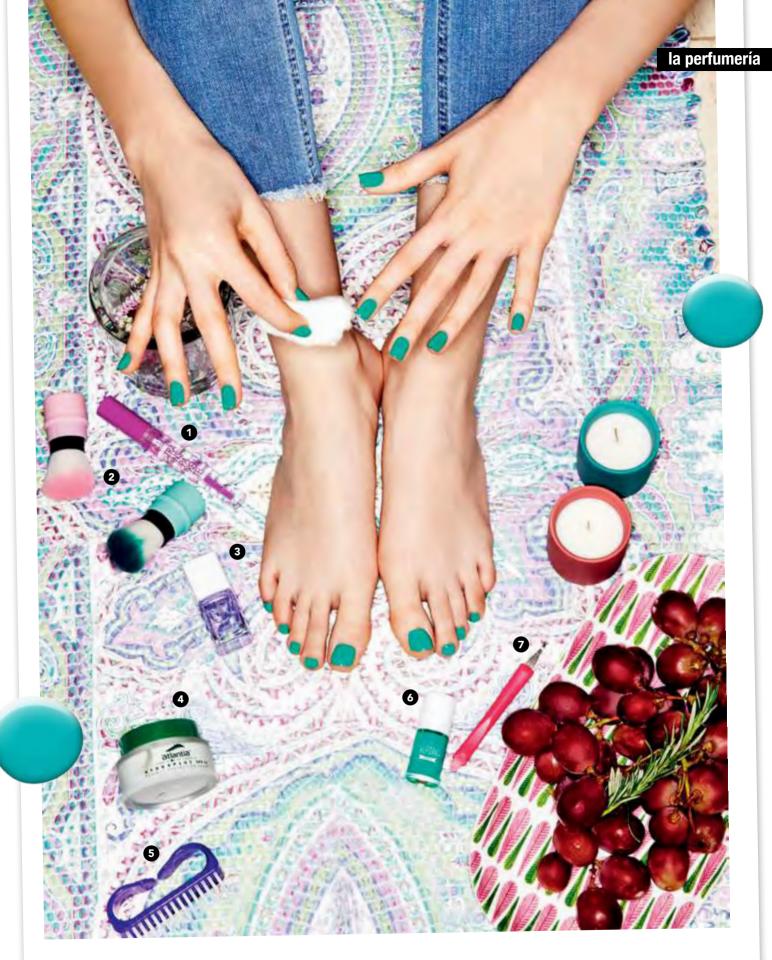
n full COLOUR

Make your hands and feet the stars of the year's warmest season. Achieve this by exercising the necessary care and thanks to the colour explosion brought to lacksquare you by the ${
m New}$ California nail varnish collection.

In the finger nails, New California No. 755 yellow, 773 blue, 757 green, 707 raspberry and 772 greenery (this year's trending colour) nail varnishes. For toe nails, New California No. 760 intense red nail varnish. (1) Acetone-free nail varnish remover / (2) Acetone nail varnish remover / (3) **Herbologist Japanese flower** hand cream / (4) Nail file /

- (5) Callus remover /
- (6) Anti-callus foot exfoliant /
- (7) Foot fissure repair cream.





For finger and toe nails, New California No. 757 green nail varnish. (1) Transparent mascara (2) Retractable brush for powder available in pink and green / (3) Hardener / (4) Atlantia Hydraplus SPF15 facial cream / (5) Nail brush / (6) New California No. 757 green nail varnish / (7) Cuticle remover.



- (2) Revitalising refreshing gel for feet and legs / (3) Anti-scratch stick for feet
- (4) Smoothing base / (5) Hardener / (6) Instant hand nail varnish remover with eglantine rose and vitamin E / (7) 5 in 1 vitamin base / (8) Nail file / (9) Gloss gel / (10) Dryer drops.







Also available as ROLL-ON