

1 Start your every-day ritual with the **SENTO INVIGORATING BODY WASH (£5.45, 250ml)** – an invigorating shower gel which can also be used as a relaxing foaming bath soak. Seaweed extract detoxifies the skin and removes impurities whilst naturally fragrant citrus oils stimulate and deeply cleanse, leaving you feeling revived, re-energised and ready to face the day.



5 Alternatively try the **SENTO INVIGORATING MOISTURE SPRAY (£6.95, 250ml)** – a refreshing, light dry oil treatment containing uplifting wild lime to soften, invigorate and revive tired looking skin. Can also be used as a shaving oil or as a nourishing hair treatment to condition dry ends.



2 Ease congestion and eliminate a build up of toxins accumulated over the festive season with the **SENTO INVIGORATING DETOX SCRUB (£9.95, 400ml)** – citrus oils stimulate the mind and body whilst exfoliating bamboo particles slough away dead skin cells.

Japanese detox

re-balance... restore... re-energise...
with The Sanctuary Spa, Covent Garden

Kick-start the New Year with a fresh new you with invigorating, hydrating and detoxifying 'treats' from The Sanctuary Spa, Covent Garden.

Inspired by the art of Japanese bathing and holistic spa treatments, The Sanctuary Sento range works to unblock energy flows and cleanse and purify the skin. With powerful, invigorating and revitalising ingredients, this range of products will stimulate blood circulation whilst purifying and detoxifying the mind and body, helping you to get back on track and face the New Year in style.

"I love the fresh smell of the Sanctuary Sento range. It's really invigorating and the ideal wake-up call first thing!"
Liberty Ross
on the Sento Invigorating Body Scrub



4 Complete the detox home spa experience with a generous layer of the **SENTO INVIGORATING BODY CREAM (£6.45, 300ml)** an ultra-light, cool gel-like lotion to soften and re-hydrate the skin.

3 For everyday cleansing try the **SENTO INVIGORATING SCRUB BAR (£4.94, 200g)** - containing super fine exfoliating particles to give a very gentle yet effective exfoliating action.



Look to the experts to enhance your new regime, and visit **The Sanctuary Spa, Covent Garden** for a deeply cleansing Spa treatment. Try the **Invigorating Sento Wrap** to stimulate the lymphatic system and improve skin tone or the **Nourishing Kyphi Mud Wrap** – perfect for detoxifying and replenishing tired skin whilst improving skin tone.



TOP 'DETOX' TIPS

from **Jo Evans**, Senior Spa Trainer at **The Sanctuary Spa, Covent Garden**

- * Drink 2 litres of water a day
- * Replace tea and coffee with herbal tea. Green tea in particular is a natural antioxidant that helps boost your immune system
- * Drink a cup of hot water with lemon first thing in the morning to help cleanse your body of toxins
- * Daily body brushing will help keep the lymphatic system moving and therefore improve skin tone
- * Regular exercise 2-3 times a week will help keep circulation and immune system boosted
- * Eat plenty of fresh fruit and vegetables daily to help fight infection
- * Avoid excess alcohol and carbonated drinks
- * Any detox programme should be given a month to see maximum benefits



The **Sanctuary Sento Range** is available from **Boots** stores nationwide, **The Sanctuary, Covent Garden** and www.thesanctuary.co.uk
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