FIT TO BE SEEN

Time to revamp your self-care routine? Repair and replenish your run-ravaged body with these pampering products.

1. P20 Once a Day Sun-Protection Spray
£21, p20.co.uk
A hassle-free sunscreen option, P20 gives up to 10 hours' sun protection with just one application, and with SPF factors from 15-50, there's one to suit every skin type.

2. Brush on Block
£28 + shipping, brushonblock.com
This is a clever and grease-free SPF30 mineral-powder sunscreen. The self-dispensing brush is easy to use, the powder will not affect your skin tone and it can be worn over or under makeup.

3. Bea Skin Care Solar Defence Oral Supplements
£32, bea-skincare.com
A daily tablet containing vitamins D, B3 and B12, as well as calaguala leaf extract to strengthen immune response, gradually build UV tolerance and lower the chances of sunburn.

4. Coola Sport Continuous Spray
£32, spacenk.com/uk
Infused with cucumber, algae and strawberry extracts to nourish sensitive skin, this clear and odourless spray delivers SPF50 protection and will keep the sun at bay for up to 90 minutes in the water.

5. Eucerin Sun Gel-Creme SPF 50+
£13, sanareva.co.uk
If you're worried about displaying your runner's acne by the pool, try this non-greasy sun cream. As well as offering strong sun protection, it contains oil-control ingredients to help clear up spotty breakouts.

6. Shiseido Wetforce Clear Stick UV Protector SPF50+
£27, escentual.com
As well as being waterproof – ideal for the pool – this SPF50+ product is especially handy for women, as it works over and under makeup for sun protection on the go.

7. Adaptsun Protective Body Mist
£42, spacenk.com/uk
This light mist uses ‘intra-cellular technology’, which, it's claimed, neutralises free radicals to protect cellular DNA. The formula also contains coconut oil and rice bran oil to nourish the skin.
MARATHONS.
HIIT workouts to everything from duo can withstand bronzer compact powder and performance the SportFX long-lasting, Sweatproof and £14.99, sportfx.com Compact Duo Bronzer Powder a nd Performance 8. SportFX

GEAR

FEMALE GROOMING

1. Prófessors Body £220, freeness.com If you can afford it, this body-hair-prevention cream is an excellent investment. Rich in selenium, it inhibits unwanted stubble by blocking the follicle in the root, reducing growth by up to 80 per cent.

2. Perceptions Indigenously Beauty £149, indigenously.co.uk The growth process slows down which, the makers say, slows down say, slows down happens. Reduces your chest rug without shaving or showering. This is a highly moisturising and contains plant compounds, which, the makers recommend, is designed for use in the showers. Simply rub it onto your chest (or wherever you choose) pritt stick and is a bit like a Pritt Stick and is designed for use in the shower. Simply rub it onto your chest (or wherever your chosen area is) and the light and foamy formula will help make the shave proceed more smoothly.

3. Absolute Collagen £29.99, absolutecollagen.com Collagen is the most abundant protein in the body and makes up a large part of our skin, bone and hair. Drink a sachet of this deodorising spray on your pits fresh for up to five days.

4. Seabamed Cleansing Bar £9.30, seabamed.co.uk You never know, how bad chafing is until you hit the showers. This snap, and all-ink free bar is brilliant at restoring the moisture balance of your skin to help get rid of that dry, itchy, tingly smell. Smells lovely, too.

5. Espa Fitness Shower Oil £32, EspasKincare.com This travel-sized kit combining a blend of West Indian bay and clove bud oils to soothe, lavender oil to calm a hectic mind and coconut oil to leave your skin soft, this oil also turns to foam once it hits the water, creating a creamy body wash.

6. Perspirex Antiperspirant Roll-On £2.50, perspirex.co.uk This travel-sized kit is packed with goodness: rich orange, lime- and basil-infused face cream; green tea; and post shave oil.

7. Instant Clean Balls £2.95, btbgrooming.co.uk This hand-poured shaving cream is a bit like a Prêt Stick and is designed for use in the shower. Simply rub it onto your chest (or wherever you choose) and the light and foamy formula will help make the shave proceed more smoothly.

8. Proverb Strengthening Skin Serum 265, proverbuk.com This anti-ageing formula for repairing weathered skin. It contains glycoproteins - proteins with carbs attached to them - which can help reduce the appearance of wrinkles.

9. A’kin Hair Misting Body Hydrator £7, a-kin.co.uk Reduces your chest rug without shaving or showering. This is a highly moisturising and contains plant compounds, which, the makers recommend, is designed for use in the showers. Simply rub it onto your chest (or wherever you choose) pritt stick and is a bit like a Pritt Stick and is designed for use in the shower. Simply rub it onto your chest (or wherever your chosen area is) and the light and foamy formula will help make the shave proceed more smoothly.

10. Sportsman Recovery Kit £22, menusociety.com This travel-sized kit contains lavender, sandalwood and cedarwood bath oil to help you unwind, peppermint, ginger and black pepper muscle rub to reduce inflammation, and a stretchy recovery band, with manual.

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General Body Care

22. Cracked Skin Cream

£2.95, ellisons.co.uk

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