

THE DEFINITIVE IRISH GUIDE TO SAVVY LIVING

PRUDENCE

100%
IRISH

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www.prudence.ie

Kathryn Thomas
talks frugal fashion

real-life
fashion
wardrobe
style staples

THRIFTY
TRAVEL
TIPS

TAN FANS



shrine on me

A new spa opened in Dun Laoghaire last September that we're dying to try. All of the Sanctum Spa's facial and body treatments use Biologique Recherche products that have powerful anti-ageing properties – we like! Fans include JLo, Elle McPherson and Sharon Stone so guess where *Prudence* will be going for a mid-winter treat. The newest product at the spa is L'Eauxygenante, a moisturiser extracted from the core of orange and kiwi cells and highly concentrated in Vitamins A and C, it's also enriched with Edelweiss extract, anti-free radical properties as well as an oxygen-replenishing complex. It costs €32 for 50ml, for more check www.sanctumdl.ie.



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BEAUTY *buzz*

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