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Get fresh for the weekend

By Demelza De Burca 3/09/2009

Beauty Buzz

It may be the 40th anniversary of Woodstock but that doesn't mean you can get away with just having a mudbath at this weekend's Electric Picnic.

If you can't face the queue for the showers then make sure you have packed Burt's Bees All in One Wash (€6.95, from Nourish stores) which can be used on your face, hair and body, and gets top marks for multi-tasking.

Boots Essential Cucumber Wipes are ideal to replenish and revitalise skin. They gently work to remove make-up and excess oils, leaving skin soft and smooth - and at €2, they're great value too.

Any festival goer is undoubtedly all too familiar with the horrific bathroom situations to be found at these places, you'd be lucky to find a shred of loo roll let alone a hand basin! Check out Fraix' Hand Sanitiser. Available at all good pharmacies, from €8.

The grunge look is all the rage for girls at festivals this season as washing your hair is probably the last thing you'll be doing. Be a copy Kate (Moss) and check out James Brown Dry Shampoo. Just spray it on, rub it in and hair comes out looking fresh and clean. From €2, available at Boots nationwide. Opt for the easy approach to hair care, and Frizz-Ease's Weather Works Style Sealant Crème (€8.49) will keep your locks smooth no matter how changeable the weather.

For make-up "so pure you can sleep in it" check out BareMinerals Foundation (€26), which looks like a powder but goes on like a cream, and is available from Brown Thomas and BT2.

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Be optimistic and pack a sun screen such as the legendary P20.

Apply once in the morning and after just 15 minutes, sun, sand or sea won't be able to budge it. Available at supermarkets, department stores and chemists nationwide, €15.

It may not be glamorous but you need to be prepared to stay fresh and fragrant while at a festival. One of the most effective anti-perspirants out there, Perspirex, will reduce perspiration by up to 70% - and last three to five days with only one application.

If you are braving the great outdoors with no promise of a daily shower, you need to go equipped.

This handy little roll-on is small enough to fit in your purse so, should you need to apply it more than the regulation once, you will be able to in a subtle manner. From €5, available at Boots.

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