

Clockwise from top **Po Zu Edible Shoe Cream 50ml**, 100% organic virgin coconut oil cream can also be spread on toast and used on face and lips, £5 [thenaturalstore.co.uk](http://thenaturalstore.co.uk); **La Compagnie De Provence Extra Pure Soap in Fig 250g**, pure Marseilles soap fragranced with fig, €6.50 [lcpdmarseille.com](http://lcpdmarseille.com); **Jane Scrivner Detox Mud and Quartz Mask 500g**, the mud feeds face and body; the quartz regulates, cleanses and heals, £37.99 [janescrivner.com](http://janescrivner.com); **Rehab Men's Calm Balm Post-Shave Calming Balm 50ml**, with tea-tree and lemon essential oils, this is the perfect post-shave, post-exposure skin calmer, £22.50 [rehablondon.co.uk](http://rehablondon.co.uk); **Natural Empathy Clean & Mean Hair and Body Wash 200ml**, with cedarwood and lavender organic essential oils and signature rapeseed oil, £12 [naturalempathy.com](http://naturalempathy.com); **This Works Turbo Balm 10g**, with Tahitian monoi, rose oil and cocoa butter for dry lips and minor burns, £10 [thisworks.com](http://thisworks.com); **Miller Harris Le Petit Grain eau de parfum 100ml**, award-winning fragrance centring on the orange tree, with herb middle notes and a base of oakmoss, vetiver and patchouli leaves, £110 [millerharris.com](http://millerharris.com); **Ahava Mandarin Cedarwood Multi-Vitamin Dry Oil 100ml**, remarkably 'dry' formulation of spritz-on body oil to charge skin with goodness, £24 [ahava.co.uk](http://ahava.co.uk); **Ole Henriksen Clean Shave Gel 207ml**, lightly foaming gel formula delivers a clean, close shave, £24.45 [mankind.co.uk](http://mankind.co.uk)  
**Sumo postcard** illustration by Sarah Fotheringham [sarahfotheringham.co.uk](http://sarahfotheringham.co.uk)

# THE KNOWLEDGE

IT PAYS TO INVEST IN YOUR DAILY REGIME. WE BRING YOU THE BEST, MOST NATURAL PRODUCTS FROM BRANDS THAT KNOW WHAT THEY'RE DOING



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