

Looking after yourself shouldn't
have to be such a chore.



M&S BODY CARE

Welcome to M&S's arboretum of body care treatments that make it ever so easy to take care of yourself.

What's more they're made using natural ingredients, so you know they're gentle on your skin and hair, and also good for the planet.

You have a wide range of body care solutions to choose from, starting with face, body and hand moisturising, to bath and hair care, night replenishing creams and lotions, sunscreen and suntan products as well as special treatments for certain types of skin.

For over 75 years, we have helped people look good, the old-fashioned way. Relaxed indulgence is what we call it, and it's never gone out of style.

Relaxed indulgence

Bath and body care never
felt this fresh and good.



M&S BODY CARE

In M&S's arboretum of bath and body care treatments, you are sure to find the right solution for your skin and hair type.

Developed after years of research, our bath and body care products are made from natural ingredients. So they're not just great for you, but good for the planet as well.

Choose from a wide array of bath salts, shower gels, body washes as well as shampoos, conditioners and hair rinses, each guaranteed to leave you feeling fresh all day, with the lingering fragrance of a garden.

Take good care of yourself, the old-fashioned way. We at M&S call it relaxed indulgence and it's never gone out of style in the 75 years that we've been in the business.

Relaxed indulgence

No time like springtime to give
your skin the right replenishment.



M&S BODY CARE

Step into M&S's arboretum, where we treat you to a variety of skin care solutions.

These skin treatments have been developed using only natural ingredients and are not just great for your skin, but good for the planet as well.

You have all the skin care products you might need, from moisturizing lotions and creams, to body and hand creams and lotions, night replenishing treatments as well as sunscreen and suntan lotions.

Nothing feels as good as soft, supple skin that's healthy inside-out. It means taking care of yourself the old-fashioned way.

Great skin is always in style, especially in springtime. And relaxed indulgence, the M&S way is the best way to achieve it.

Relaxed indulgence

Summertime, and skin and body care are easy.



M&S BODY CARE

We're certainly ready to welcome summer at our arboretum at M&S. And we think you'd do well to check out our latest collection of lotions and potions to beat summer.

For starters, we have our non-greasy moisturising lotions, sunscreen and suntan lotions, bath products with minerals and salts that help replenish your body's moisture and nutrients, and finally face-packs, astringents and other special summer treatments that help you create your own beauty regimen at home.

It's worth taking a little time to care for yourself. Try the old-fashioned way, the only way M&S consumers have known it.

Relaxed indulgence never went out of style.

Relaxed indulgence

The time to let your hair down
is also a good time to care for it.



M&S BODY CARE

Enter the arboretum at M&S where our range of hair care products will make sure you never have a bad hair day.

Our products are made from only natural ingredients, so they're not just great for your hair, but good for the planet as well.

Start with our head-massage oils, shampoos and conditioners, as well as rinses and make your way to our range of hair serum, mousse and gel grooming products. Each designed to keep your hair in place, giving it volume and sheen, depending on your hair type.

It helps to take better care of yourself, head to toe. And there's nothing like the old-fashioned way, that M&S consumers have always known.

We call it relaxed indulgence and it's never gone out of style.

Relaxed indulgence

Winter is coming.
That means extra skin protection.



Thankfully, you have M&S's arboretum of skin and hair care solutions to see you through the rough wintry months.

M&S Body Care products are made from only natural ingredients, so they're not merely great for you, but good for the planet as well.

Try our special range of skin and hair treatments designed for winter, when one's skin feels taut and dry, and hair can often feel brittle. These products with extra cocoa butter, shea butter, wheatgerm and several other ingredients work wonders in winter, giving you extra protection.

It's worth taking the extra effort to take care of yourself, the old-fashioned way. At M&S, we've never known relaxed indulgence to go out of style.

Relaxed indulgence

www.marksandspencer.com