I’m devastated to hear that all this beauty could be lost

Dr Julie Bradshaw MBE, 50, is a world record swimmer, as well as a speaker, trainer, therapist, and Charnwood Borough councillor. Her favourite part of the country is Garendon Park, Loughborough

**BEAUTY**

Courtesy of globetrotting beauty bloggers, here’s an insight into some overseas secrets

---

**SWEDEN**: Sachajuan hair repair, £23

**FRANCE**: Bioderma Sensibio H2O micelle solution, from £4.50

**HOLLAND**: Hema eye makeup remover oil, £1.75

**FRANCE**: Thalgo Micronized marine algae, £31.65

**DENMARK**: Fyvaded foot cream for cracked skin, £7.99

---

**MALTA**: Weleda Skin Food, £39.95

**SPAIN**: Magno La Toja soap, £3.75

---

**OR YEARS,** cyclists and cyclists’ wives and god knows what have battled along the Lake Route. But now, thanks largely to the beauty blogger scene, the secret retailers have inched up out of the shadows. It’s an amazing place so close to where I live, peaceful and I feel grateful to have such an adventure and find myself running in the fresh air among nature.

Julie is unhappy about the prospect of her beloved beauty spot being destroyed. As a regular visitor for the past 31 years, whatever the weather. Now, proposals have been made to build housing on the site.

Julie puts The Outwoods, Beacon Hill, her number one. “It’s close to my heart, as is nature, and in Garendon Park, it is all there.”

"There is so much wildlife, and the running river water makes her visits to Garendon Park all the more special. "The two small lakes feature lots of wildlife, and the running river water makes her visits to Garendon Park all the more special.

After graduating, Julie bought a house close to this great space of Garendon Park. She still lives there and has continued to visit regularly.

Her fondly remembers taking her first canoe down a heather lined river. But now, thanks largely to the beauty blogger scene, the secret retailers have inched up out of the shadows. It’s an amazing place so close to where I live, peaceful and I feel grateful to have such an adventure and find myself running in the fresh air among nature.

Julie puts The Outwoods, Beacon Hill, her number one. “It’s close to my heart, as is nature, and in Garendon Park, it is all there.”

“Water is close to my heart, as is nature, and in Garendon Park, it is all there.”

Julie put the lake route as her number one. “Water is close to my heart, as is nature, and in Garendon Park, it is all there.”

Dr Julie Bradshaw MBE, 50, is a world record swimmer, as well as a speaker, trainer, therapist, and Charnwood Borough councillor. Her favourite part of the country is Garendon Park, Loughborough

---

**MY LEICESTERSHIRE**

I’m devastated to hear that all this beauty could be lost