



BEAUTY BEAT

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Tricia Welch solves your beauty dilemmas

IN THE PINK... FOR SPRING

I like to keep up with colour trends – is there a must-have make-up shade for spring?

Jo Bryan, Hale, Cheshire

A If you only buy one make-up item this season, make sure it's pink. Don't dismiss it, even if you have a natural dislike of anything Barbie doll and girly, because pink evokes a youthfulness that's flattering to everyone.

Pick your shade based on your skin tone – according to make-up artist Daniel Sandler the easiest way to do this is to look at your wrist. If your veins are blue, then your skin tone is cool; whereas if they're more olive green, your skin is warmer in tone. For cool skin tones, shades of baby pink and deeper fuchsia are best, while warmer skin tones will be flattered by peachy pinks and rose.

To perk up your complexion, blusher is a must. On young skin, cheeks are naturally flushed, but this tends to fade with age so a colour injection here is always revitalising. Following the wrist rule above, choose a pink that naturally



TOPTIP
Avoid strong pink on the eyes unless you're as young as *Celebrity Big Brother* winner Chantelle Houghton – it can be unflattering as it emphasises every line, crease and sign of tiredness.



suits your skin tone then match it to your lip shade. For the softest, petal-effect contouring check out **No7 Natural Blush Cheek Colour in Petal**, £8, or try the new **Virgin Vie Cheek To Cheek in Cheeky Peach**, £12, a palette of rose, raspberry and peach.

If you don't like a solid colour when it comes to lipstick, No7

make-up artist Lisa Eldridge advises opting for a sheer or gloss formula instead. Sheers and glosses are great as there isn't that much pigment in them, so it's virtually impossible to make a mistake. For example, **No7 Sheer Temptation Lipstick in Tempt**, £9, and the limited-edition **Lip Gloss Duo in Pink Blossom**, £9.50, are two gorgeous pinks that give just a suggestion of colour. Otherwise try satin-textured

Bourjois Rouge Lovely in Rose Essentiel, £6.95, with a touch of lip gloss on top such as **Effet 3D Lip Gloss in Emblematic**, £6.95.

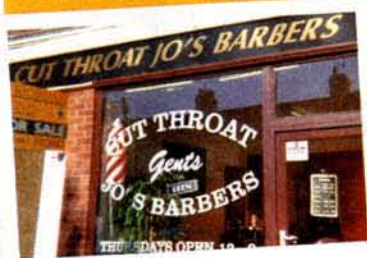
As for the rest of your face, to keep the fresh-as-a-daisy effect going, balance your lip and cheek pinks with a clean, sheer wash of neutral shadow over the lids in vanilla or creamy beige. Team with groomed brows and light sweep of mascara or go for a slightly smokier finish for a sexy evening look. If you want to shadow your eyes with pink try **Bourjois'** new shades. Opt for a light sweep of lilac over the lids such as **Rose Ancien**, or a softer and more skin-flattering pearly pink like **Rose Perle**, both £5.75, which is also a lovely highlighting tone.

The prettiest multi-pink palettes of the moment includes **Bobbi Brown limited-edition Pink Face Palette**, £40, (0870 034 2566) which features a fantastic selection of pinks for cheeks and lips, plus neutral and smoky shades for eyes. **Stila Sleeping Beauty Palette**, £25, (0870 034 2566) is also good.



SALON SPOTTER

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Northampton

Spotted by J Sharp of Northampton

QUICK QUESTIONS

UP AND AWAY

Q My curly hair is impossible to manage in winter and I always have to wear it up. What can I use to boost the condition that doesn't cost a fortune?

Annmarie Foulkes, Scarborough, N Yorks

A Curly hair tends to be dry as it's hard for the natural oils to travel down the hair shaft. To restore manageability use a hair mask – the **Montagne Jeunesse** range is excellent and affordable. Wrap your hair in clingfilm and a towel after applying as heat increases the effectiveness. Or make your own hair mask with

mayonnaise or olive oil. Warm first and again cover your head and leave for 15 minutes. Afterwards wash and condition as normal.

I NEED LIP TIPS

Q My lipstick never stays put for long. Any tips to make it last as long as possible?



Fran Rutherford, Christchurch, Dorset

A Apply a little foundation before patting on translucent powder to prime your lips so the colour adheres better. Then apply a coat of lipstick, blot your lips with a tissue and apply a second coat.

WE TRY... YOU BUY

GENTLE EYE MAKE-UP REMOVERS

Eau Thermale Avène Gentle Eye Make-up Remover, £8.50 A non-drying gel that delicately dissolves make-up, leaving skin supple. 5/5

Martha Hill Gentle Cleansing Gel For Eyes, £6.50 (0800 980 6662)

A refreshing, non-oily gel with natural caring ingredients like green tea, vitamin E and marshmallow. It cools as it removes make-up. 4/5

Always Non-Oily Eye Makeup Remover Lotion, £2.49

Fragrance-free lotion that lifts make-up without leaving a residue. Conditions lashes, but is a tad drying to skin. 3/5





Tricia Welch shows you how to look fabulous – fast

Beauty Beat

SEXY HAIR...

Whether you wear your hair up, down, straight or curly it should be shiny and call out to be touched so use shampoos and stylers guaranteed to inject gleam. New **L'Oréal Elvive Nutri-Gloss Shampoo and Conditioner, £2.49 each**, is a good choice. Before your big night out, try the **Intensive Masque, £3.99**, for concentrated shine. If you fancy a glam up-do, don't wash your hair immediately before, as it will be easier to work with and less fly-away if it's a day or two old. Before you start, make the hair easy to control with a small amount of serum or sleeking lotion, such as **Paul Mitchell Slick Works, £7.85** (01296 390590). Pull it back into a ponytail at the nape of the neck, secure with a band, then twist until it forms a coil and grip in place with a few long hairpins. Smooth the front and add more shine with a touch of **Paul Mitchell Gloss Drops, £10.75**, or a spray such as **Lee Stafford Shine Head Spray Shine,**



£4.49. Less formal but just as sexy is sleek, swifty, shiny hair. Heated straighteners are a must, but remember to blow-dry the hair first (to ensure a smoother end result) and use heat-protecting balms – try **Alberto V05 Straight & Shine Smoothing Crème,**

£3.99. Alternatively, the most up-to-the-minute party hair is curly. Again this needn't be time-consuming if you use spiral tongs to create a loose, tumbled effect in minutes – try **TRESemmé's SalonCurl Pro, £25.** For sexy spirals that shine, apply a smoothing styler before you start winding, such as **Pantène Pro-V Anti-Frizz Curl Definition Crème,**

£3.99, then spritz the finished curls with a shine-enhancing hairspray, such as **Pantène Bouncy Curls Hairspray, £2.99,** or **Mark Hill De-Frizz Shine and Control Spray, £7.49.**

SPARKLING EYES

Party eyes this season are pure Hollywood with lots of shimmer on the lid, lashings of sooty mascara on lashes and long, curvy brows. All you need is a pair of tweezers, the perfect silver or gold eyeshadow, plus full-volume mascara and a smudge of kohl.

If you're a novice plucker, invest in **Eylure's Brow Beauty Kit, £12.99.** It contains everything you need for celeb-style brow maintenance including stencils to guide you to the perfect shape, tweezers, double-ended brow pencil (suits blondes-brunettes), a brow arch enhancer and defining brow gel.

Once you've created the perfect frame, you can move on to the fun part – applying your show-stopping shading. There's no need for clever application tricks, says celebrity make-up artist Daniel Sandler, 'simply sweep your sparkly shadow on to your lid with a brush and see



TOPTIP

When creating your sexy hair look, aim for a simple, slightly dishevelled style, which doesn't appear as though you've tried too hard (think of Keira Knightley in *Pride & Prejudice*). Meanwhile, the opposite is true of eyebrows – straggly brows are no-no, so clean up the area!

your eyes instantly light up.' Daniel recommends **Bourjois** gold and silver **Suivez Mon Regard** shadow pots, **£6.50 each**, suggesting the silver **Etoile D'argent** shade (worn by the model), for cool skin tones or gold **Or Pepite** for warmer skin tones.

L'Oréal Paris also have gorgeous gold and silver for the party season, and make-up artist James Kaliardos recommends lining the bottom lid with **Color Appeal Platinum in Pure Gold, £4.99**, and layering the top lid with **Color Appeal Holographic in Aurora Grey, £4.99.** Alternatively, he suggests using a combination of **Color Appeal Platinum in Real Silver, £4.99**, and **Pure Gold** on the top lid, lining the bottom lid with **Aurora Grey.** If you like a smokier effect, outline eyes with an inky liner – **Rimmel's** new limited-edition **Midnight Eyes Shadow Liner, £3.99**, is perfect because

GLOWING SKIN

A home 'microdermabrasion' kit polishes away the dull top layer of skin cells to reveal your glowing, more even complexion beneath. Try **Marks & Spencer's Revival Resurface Microdermabrasion System, £19.50**, or **Tesco's Skin Wisdom Microdermabrasion Kit, £9.97.** Products with vitamin C are also good for giving skin an instant dose of radiance. **Virgin Vie's Vitamin C Vital Collagen Boost, £16.50 for three vials** (0845 300 8022), acts like an instant lift when applied

under moisturiser. Or try a skin brightener that contains light-reflective particles to give a youthful sheen to the skin – simply mix a little with your foundation. Try **Virgin Vie Brightening Boost, £14.50.** You can also add radiance as a finishing touch to your make-up by brushing or stroking

on a veil of subtle shimmer to the top of cheekbones and brow bone and on the top of the nose and chin. **No7 High Light Illuminating Powder, £10**, is particularly subtle, as is **George Pearl Face and Body Shimmer Cream, £5.98**, from Asda.

And after showering and exfoliating, brush on some of **Pupa's** luxurious, sparkly **Golden Touch Loose Powder, £14.95.**

