

Beverly Cobella's hair to go

Hair looking limp as an old dish cloth? Bev's on hand to give it some welly...

Most of us want more volume in our hair – even those who like a sleek, straight look – as fine hair can look undernourished. Take 23-year-old Eras (below). She likes her hair long, but it looks flat. She needs a more definite shape at the front to avoid wispiess, plus graduated layers for more movement and to give the illusion of thickness. Layering fine hair with a razor

Double your thickness

Avoid flat, solid colours – opt for different tones of the same shade to give depth and light. Steer clear of heavy, moisturising shampoos and conditioners which weigh the hair down – choose light, conditioning sprays and try a clarifying shampoo to remove product build-up.

Build body

Raise the hair from the root when you blow-dry (below right), and aim the heat as close as possible to the root to lock in the lift. Concentrate volumising products here too.

BRILL BODY-BUILDERS

Nicky Clarke Hairomotherapy Thickening Mousse, £4.29; Fudge Oomf Booster, £6.95 (01282-683100); TIGI Root Boost, £8.50 (0870-330 0955); Joico Volissima Volumising Shampoo, £6.95, and Conditioner, £7.50 (01282-683100); John Frieda Ready To Wear Thickening Lotion, £4.25; Over The Top Self-Raising Lotion, £11.50 (www.hqhair.com).



thickens up the ends and puffs out the hair. Creating a fuller fringe is also important – a bold, blunt-cut one gives the illusion of thicker hair.

FREEBIE FILE: GO TROPPO – WIN A PALMER'S SHEA BUTTER MOISTURISING SET

How can you give your bod a taste of the tropics without having to buy a plane ticket for the Caribbean? We've got 235 body moisturising gift sets to give away, containing Palmer's Shea Butter Lotion Formula and Palmer's Shea Butter Solid Formula. Suitable for every skin type – even the most sensitive – shea butter penetrates deep into the skin, improving elasticity and providing a long-lasting, natural glow. The solid formula can also be used to condition and revitalise the ends of dry, damaged hair. So Palmer's Shea Butter Formula is ideal for head-to-toe moisturisation and has an exotic tropical smell too. For a chance to win, write in to Palmer's M mag offer, 3 The Cloisters, 8 Battersea Park Road, London SW8 4BG.



Best- and worst-tressed celeb of the week



When it comes to '60s icons looking ab fab in 2002, Lulu makes us wanna shout! Over 50 but, boy, does she look fab. Her funky, choppy cut proves age is just a number. She's a brilliant style ambassador for John Frieda (she sees Kiki at the Aldford Street branch in London).

But poor Cilla's living in the past, with a cut that should be consigned to history. Sorry, our Cilla, but you desperately need a re-style. A great cut could knock ten years off you, easily. And while you're at it, tone down the red, p-l-e-a-s-e! Lips, outfit and hair... Nightmare!

Text by Tricia Welch. Eras photographed by Susie Del Campo; hair by Beverly Cobella (020-7937 8888); make-up by Clare Haxby; top, 'Therapy at House of Fraser'; Susan photographed by Paul Mitchell; make-up by Julia B at Teresa Farminger; hair cut by

Beauty makeunder



RIGHT, FROM TOP In perkier days, age 29 and 32; before, in need of intensive care. AFTER A glam new lease of life



How can I get it right?

Susan's looks need a tonic – cue the M team with the right prescription

When Susan Barber, 43, wrote to us, she'd been under the weather and felt she looked washed-out. M's make-up artist Julia reckoned she needed a colour injection – fast: 'When you're looking tired, you need to freshen up the complexion with warmer tones.' First she applied concealer and a foundation in a slightly more sun-kissed shade than Susan's natural skin tone, then bronzer was brushed over her cheeks, temples and chin. Julia used iridescent gold and brown on Susan's eyelids, defining the

lashline with dark brown liquid liner, brushed upwards at the corners to open the eyes, and lots of brown mascara. 'A bright or shimmering lipstick boosts a tired face,' she explained as she applied a slick of foxy toffee. Hair-wise, stylist Sarah felt Susan's bob was dragging her features down, so gave her a shorter cut with lots of layers. And colourist Steven pepped up Susan's brown with chunky gold and copper lights to emphasise her stylish new choppy cut. **SUSAN'S VERDICT** 'I feel 100% better.'

IN THE BIN

That pale face powder

IN THE BAG

Bourjois Poudre de Soleil in Halé, £6.95; L'Oréal Paris Shine Delicieux in Toffee Cream, £6.99

