



Get ready for the party season with some time-saving pampering

GOOD LOOKS

Beautiful at any age

◆ Get up to date with fresh anti-ageing tips, ideas and the best new products, says beauty director Eve Cameron

Three wise buys...

- ◆ Indulge in some festive sparkle with **THERRY MUGLER'S MERCURY EXPLOSION EYELINER** (below) £18 (020 7307 6700). Too much glitter can be ageing, but this easy-to-apply liner gives perfect, light-catching shimmer.
- ◆ **ESTÉE LAUDER'S SILVER CRYSTAL COMPACT** (left) filled with Lucidity Pressed Powder, £125 (John Lewis), will make you feel incredibly glamorous as you whip it out to powder your nose.
- ◆ Party-perfect nails: paint silver (far left) on just the tips or all over – and add glitter! **ANDREA FULERTON NAIL BOUTIQUE STRIPE & SPARKLE IN BROOKE**, £3.99 (Superdrug).



TREAT YOURSELF

FINDING ANY TIME FOR YOURSELF is twice as hard just now, but I do recommend a little time out for these de-stressing treatments!

- ◆ The Lava Shells Massage uses self-heating, polished tiger-clam shells to warm and unblock muscles, and includes a tummy massage to combat bloating. You can go to try Richard Ward in London (see Clare, p95): 020 7730 1222; or nationwide (from £50): 01869 338890. A DIY kit is £35 for four treatments from www.sharedbeautysecrets.com.
- ◆ Save time on salon visits with Nails Inc.'s 3 Week Manicure, £50 (www.nailsinc.com). You'll look groomed all through Christmas – and it does last for three weeks. (Then you go back to have the gel formula removed.)

PHOTOGRAPHS (CLOCKWISE FROM TOP LEFT) BY MICHELLE BROWN

TRY THIS... Skin gets drier as we age, and also in winter. Rather than thicker layers of cream, dermatologist Dr Nick Lowe suggests applying a layer of hydrating serum, waiting a few minutes, then sealing it with a thin layer of cream.

HIGHLAND FLING

Fashionable fabrics tartan and tweed have inspired a beauty moment, reflected in packaging and textures. Look out for the (1) **MAC HAPPILY EVER AFTER LIP KIT**, £20, full of pretty pinks in a tartan compact, perfect for the teens and 20-somethings in your life; the soft, gold-speckled pink (2) **CHANEL BLUSH DUO IN**



TWEED FUCHSIA, £31, which gives a youthful sheen after dark; and (3) **BURBERRY LIGHT GLOW NATURAL BLUSH**, £28, apply it at the top of the cheeks to lift the face. □



ON TEST **REDKEN TIME RESET ANTI-AGEING RANGE** 'Within a couple of weeks my hair was shinier, fuller, less dry and easier to style. Great stuff!' Zoe, 40, teacher
Shown here: Youth Revitalizer intensive hair treatment, £19.95 (0800 085 4956).