



Beauty

Korres Nourishing & Hydrating Hair Mask (£12; 0870 160 7229)

uses silk proteins and vitamin B5 and E to penetrate the hair shaft and pump moisture into tresses. I prefer masks that you scoop out of a pot in handfuls and slather on, so at first I wasn't keen on this packaging. But this lasted well as the pump action limited the amount I used. **8/10**

TommyGuns Colour Save Intensive Masque (£5.86; 0845 688 0188)

has the texture of DairyLea and a scent that reminds me of Calpol. Its apricot, almond and wheat ingredients nourish parched hair. This is one you might want to use while you're away – it doesn't just hydrate, but prevents colour fade, too. **8/10**

Umberto Giannini Spa Rituals Moisture Replenishing Hair Mask (£4.99; 0845 070 8090)

smells of treatment rooms filled with floating candles. Florentine orris milk and shea butter work to smooth and bolster fragile locks. Fig, olive oil, thyme and rosemary create a scent-sational conditioning treat. **9/10**

Matrix Age Rejuvenating Intensive Masque (£8.75; 0845 601 0122)

uses positively charged ions to deal with fly-away hair and frizz, which sounds a little science-y, but all you need to know is that it really works to leave hair sleek, chic and feeling fantastic. **9/10**

S MAGAZINE FAVOURITE James Brown London Scandalous Intensively Glossy Rescue Treatment (£7.99; 0845 070 8090)

recommends you rinse this for twice as long as ordinary conditioner, and it's advice you had better take if you don't want a not-washed-for-a-week slick. But this really adds lustre and you only have to wait 30 seconds to see results from this once-a-week mask.

Your locks will shine like the top of the Chrysler Building!

Treatment of the week

Lava shells massage

Being a working mum of three means little time for treats. But when I do get the chance, a massage is top of my list, so I couldn't wait to try the new Lava Shells Treatment.

My therapist showed me the beautiful tiger-striped clam shells from the South Pacific she uses. A sachet is inserted into a hole in the underside of the shell and contains LavaGel, a combination of natural minerals including algae and dried sea kelp. Once blended with salt water it generates heat to keep the shells hot long enough for an hour-long massage.

I loved the feel of the warm shells as my therapist combined them with a conventional oil massage for a deep therapeutic treat.

The lava shells are composed of calcium carbonate, and give off calcium ions when heated which are transferred to the skin during the massage.

Being super smooth, the shells are perfect for a deep-pressure massage and the heat is great for muscle tension. Afterwards, all the stresses and strains of the school run, daily commute and deadlines had been massaged away. My muscles were completely relaxed and my skin looked firmer – and all due to a couple of clam shells!

Jane Woods

Prices are from £50 for 60 minutes, and £75 for 90 minutes. For details go to www.sharedbeautysecrets.com or call 01869 338890.

Most people wait until after their holiday to visit their

colourist, but crimper Michael van Clarke (who I hear

tends Royal locks) says it's best to get highlights a

week before you jet off. "Go a shade darker than usual

as the sun will lighten the colour. That way you'll minimise

sun damage and won't be left looking too brassy"

Beauty Counter

Pucci Vivara Fragrance Black

This gorgeous scent has been repackaged in homage to Pucci's hot new designer, Peter Dundas. The citrusy fragrance is in a striking bottle which has been inspired by the designer's first collection for the clothing label. A collector's item for connoisseurs (£49; 0845 605 1234).



Mark Hill Style & Go Travel Dryer

This hairdryer isn't lightweight but it has got oomph – at 1,800w it's the closest you'll get to professional power when you're on the move. And with its foldaway handle and travel pouch, it tucks neatly in your suitcase, too (£39.99; 0845 070 8090).



GO FOR THE GLOW

Are you feeling sluggish or bloated? Oxytarm helps cleanse the colon, and its active ingredients – ozone, magnesium and oxygen – strengthen the digestive system, detoxifying and healing it. And because poor digestion can cause dull, blemished skin, your complexion will benefit as well as your energy levels, leaving you radiant inside and out. Oxytarm costs £40 for 150 tablets, plus £2.95 p&p.



Call 020 8201 8717 or visit www.oxytarm.co.uk. Persistent bloating may indicate a health problem and should always be discussed with your GP.