

Health & BEAUTY

“You can be gorgeous at 30, charming at 40 and irresistible for the rest of your life” – Coco Chanel

Pure Colour Eyeshadow Palette
Violet Underground, £40, Estée
Lauder, www.esteelauder.co.uk



Rouge Allure Velvet Luminous
Matte Lip Colour in L'Impatiente
£25, Chanel, www.chanel.com



Shocking False Lash Effect
Eyeliner, £24, Yves Saint
Laurent, www.yslbeauty.co.uk



Clear Brow Set
£11.50, MAC
www.maccosmetics.co.uk



THE TREND: Party Time

With 2012 wrapping up and people looking forward to what the New Year will bring, we have officially arrived at the party season. It appears that designers at this year's A/W12 fashion week were following the same line of thought as models looked as though they had been made up for a night on the town. At Chanel, the audience was transfixed by the bejewelled brows which almost stole the show. At Chloé, the bold brow look was emulated in a more subtle fashion as they were brushed upwards, whereas at Vera Wang and Missoni

they had been darkened and enlarged. Make sure you're prepared for the social engagements ahead with the latest beauty products from Dior, Chanel, Bobbi Brown and Guerlain.

Limited Edition Terra Soleia
Bronzer, £44, Guerlain
Available at www.harrods.com



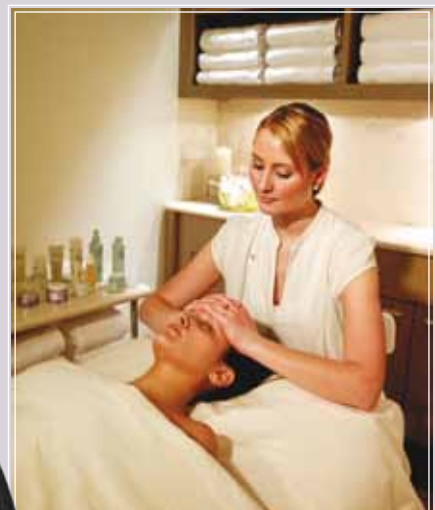
Ombre Hypnôse Mono in
Fil d'Argent no. S207, £18
Lancôme, www.lancome.com



Seasonal Glow

Changing seasons can be tough on skin so this winter book in for a Healthy Beautiful Skin Facial at Liz Earle. Recognising that our skincare needs are always changing, the facial begins with a skin analysis to ensure that any problems are dealt with. The cult Cleanse & Polish plays its part at the beginning of the treatment to clean and exfoliate the skin prior to a facial massage, bespoke mask and neck and shoulder massage to round everything off. Liz Earle believes that our state of mind is expressed in our skin so her speciality facial massage technique works on the areas where we hold tension and eases away the stress from both face and mind. 30 minutes of lymphatic drainage instantly reduces puffiness and is designed to treat every skin type and skincare concern to deliver a naturally radiant complexion. A rejuvenating journey of total relaxation for the mind, body and soul, the facial is a truly unique, personal experience. Expect glowing results.

Healthy Beautiful Skin Facial, £70 for 60 minutes
Liz Earle Skincare & Treatments
38-39 Duke of York Square, King's Road, SW3 4LY
020 7881 7750; uk.lizearle.com



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Hero Make-Up Products

Our round-up of the best beauty buys for 2012; stock up now!



Black Pearl Eye Palette
£42, Bobbi Brown
www.bobbibrown.co.uk

Maestro Complexion Perfector
£36, Giorgio Armani Cosmetics
www.giorgioarmanibeauty.co.uk

Club Eye Shadow, £12, MAC
www.maccosmetics.co.uk

Pure Color Nail Lacquer in
Viper, £14.50, Estée Lauder
www.esteelauder.co.uk

Midnight Roses Blush
Highlighter, £34, Lancôme
www.lancome.co.uk

Best Foot Forward

At four o'clock on a freezing Wednesday, Neville Hair & Beauty on Pont Street is warm, welcoming and buzzing with the sounds of hair dryers and lively chatter. I see at least two regulars greeting their stylists with hugs; this is clearly a salon with lots of regulars, which bodes well. Exposed brick walls feel more Brick Lane than Belgravia but a big shiny black lacquered desk and coffee table copy of *Vogue* sets me at ease. I'm here for a reflexology treatment and my therapist is the friendly and knowledgeable Paolo. He seems to attend to the sole needs of every blonde-haired British TV presenter, as well as a host of other well-known names (discretion is key, though) so you're in good hands. While parts of the treatment are enjoyably relaxing, others do hurt; this is, Paolo reassures me, "sweet pain": "If you feel nothing, you're not human!" he declares with conviction. Certain points are tender and I can see how regular sessions could really help ease tension and relax the nervous system. Overall, it was an hour well spent and one to be repeated.

Foot Reflexology
from £50 (30 minutes)
Neville Hair & Beauty
5 Pont Street, Belgravia,
SW1X 9EJ; 020 7235 3654
nevillehairandbeauty.net



The World of Beauty: Newsflash

World Spa & Wellness Awards 2013 Finalists Revealed: the finalists for Day Spa of the Year are Escape Spa & Vanilla Browns in Ireland, Urban Spa in Spain and Victoria Spa in Bulgaria... **Leo Bancroft Unveils First Men's and Accessories Lines:** These new ranges include hair and body wash, a selection of detoxing shampoos, hair wax and hairpieces (www.leobancroft.com)... **Winners Announced at HJ British Hairdressing Awards:** British Hairdresser of the Year was presented to Angelo Seminara whilst Avant Garde Hairdresser of the Year went to Indira Schauwecker at Toni & Guy... **Christian Dior Reveals Cherie Bow collection:** The party-perfect collection consists of a trio of velvety eye shadows, a black eyeliner and a pink lip-gloss. The popular Dior Addict lip and nail glow are also both available....