

BEAUTY ESSENTIALS

The basics and know-how every woman needs



Beauty Blunders SOLVED!

I've tried every waterproof mascara on the market, but I still end up with panda eyes after a few hours. Where am I going wrong?

Della, 42

Your mascara may well be waterproof, but is it oil-proof? Janet Pardo, of Clinique global product development, says wax-based mascaras can smudge because of oil around the eye area – either from a rich moisturiser, sweat or cream eye shadows. 'Opt for a polymer and gel-based formula, such as Clinique Lash Power Mascara (£14.50). Thermal-sensitive technology means it can only be removed when it comes into contact with warm water.' Blinec Mascara (£18), also works along the same lines.



Targeted solutions

Lauren Swanson, of The International Dermal Institute, gives us her tips:

1 Back and arms
'Skin can look very dull, grey and lifeless over the winter months, but regular body brushing will help to revive it by stimulating blood and lymph flow. Do it before you step into the shower or bath, and use a long-handled brush to reach those tricky areas.' Try Elemis Body Brush, £18.

2 Thirsty elbows and knees
'As the skin on elbows and knees is thicker, dehydration can appear more pronounced. Choose a moisturiser with natural oils, which prevent moisture from escaping.' Try Neutrogena Deep Moisture Comfort Balm, £5.99, with shea butter.

3 Irritated calves
'Using soap strips skin of natural oils, making areas such as the calves, that aren't usually prone to dryness, susceptible. Switching to a body wash with a natural foaming agent will be gentler on skin.' Try Green & Spring Relaxing Shower & Bath Foam, £18.

3 of the best... facial gadgets

Ever wish you could achieve the hi-tech results of a salon facial in your own home? Well, now you can, thanks to the latest revolutionary gadgets on the market. Here's our pick of the best:



Clarisonic Classic

£146.81,

www.spacenk.co.uk

A deep-cleaning electric skin brush, this promises to remove six times as much make-up as manual cleansing.

How it handles:

Simple yet effective, the rotating head buffs for 60 seconds. Skin should feel smooth and clear after just a few uses.



Lumie Clear

£119.95,

www.lumie.com

This acne treatment combines bacteria-killing and anti-inflammatory light, a method found to reduce spots by as much as 75% in 12 weeks.

How it handles:

A 15-minute session involves minimum exertion, and the process is pain-free.



Slendertone Face

£300, from Harrods

Micro-electrical currents tone muscles, leaving the skin tauter and the facial contours more defined.

How it handles:

Wearing a head set with pads that fit beneath the cheekbones, you feel a rhythmic ripple as the current passes through. Used regularly, it could help lift your face.

