

Your BIG winter beauty reboot

52 clever tweaks, tips
and treatments to keep
you beautiful until spring

2 New Winter Facials

Decléor Harmonie Calm Intense Facial from £45 at selected salons nationwide (020 7313 8780; Decleor.co.uk).

With winter's sub-zero winds and stifling central heating, skin can become more sensitive, blemished and dry. So Décléor's new facial is geared towards calming and healing, combining a gentle anti-redness powder with a relaxing massage.

Emma Hardie Deluxe Facial from £110 (01923 839505; Emmahardie.com). Great for winter chapping, a breakout or bloating, this new facial at Emma's Mayfair clinic includes 90 minutes of blissful massage and a thermal mask. ►

As the
nights
draw in,
sleep
yourself
beautiful
with one
of these 4
new night
creams



BEAT THE HEAT

"Central heating will really dry out your skin. Try placing a bowl of water by your radiator to help add moisture to the atmosphere, and your skin."

Emma Hardie,
celebrity facialist

YOUR PREP-AND-PERFECT PEEPER PROGRAMME

Smart skincare + pretty make-up = a flawless flutter

PREP

- 1** Stage Performer Signs-Off Instant Replenishing Line Smoother £25 Shu Uemura
- 2** Advanced Night Repair Eye Synchronized Complex £35 Estelauder.co.uk
- 3** Rice Lift Contour Smoothing Eye Serum £45 Kéraskin Esthetics
- 4** Future Solution LX Eye And Lip Contour Regenerating Cream £100 Shiseido*

PERFECT

- 1** Palette Phyto-Star Eyes in Sparkling Rhapsody £54.50 Sisley
- 2** Dazzle Dust in Bright Indigo £4.50 Barrym.co.uk
- 3** Color Appeal Chrome Intensity in Blue Jean £5.99 L'Oréal Paris

PLUS 1 lengthening mascara we love – Grow Luscious Mascara £9.99 Revlon



8 HANDBAG UPDATES

Clear away your out-of-date summer kit and re-fill with these winter essentials for beauty on the move

- 1** Redness Solutions Corrector £15 Clinique.co.uk
- 2** Classic Shine Hairbrush (small) £17 Kentbrushes.com
- 3** Fleur Chérie Hand Cream £7 Loccitane.com
- 4** Limited-Edition Compact Case £8 Paul & Joe (powder refills sold separately)



8 Greta Small Tote Grainy Lambskin in Plum £595 Mulberry

- 5** The Poreprofessional £23.50 Benefit cosmetics.co.uk
- 6** Lip Ointment With Colour SPF15 in Apples £7.99 Lanolips
- 7** Cleopatra £40 for 15ml eau de parfum (set of three perfumes) Tocca ▶

*On counter in November

New addresses for your **Little Black Body Beauty Book**

● Nourish your body with a Pure C+ Body Wrap at the new Cedar Court Grand Hotel & Spa in York, using vitamin-rich Germaine de Capuccini products. *Cedar Court Grand Hotel & Spa, Station Rise, York YO1 6GD (01904 380050; Cedarcourtgrand.co.uk)*

● Opening in December, Lifehouse at Thorpe Manor Hall in Essex will offer Babor body treatments, as well as detox regimes, swimming and Pilates for a holistic attack on your body glitches. *Lifehouse, Frinton Road, Thorpe-le-Soken, Essex CO16 0JD (01255 860050; Lifehouse.co.uk)*

● Glasgow's first luxury spa, Spa at Blythswood Square, has just opened its doors and offers super-luxe iLa and Anne Sémonin body treatments. *Blythswood Square Hotel, No11 Blythswood Sq, Glasgow G2 4AD (0141 240 1622; Spaatblythswoodsquare.com)*

● The epitome of luxury pampering, an Aromatherapy Associates massage at The Dorchester Collection's new spa at Coworth Park is also eco-licious, so no guilt, just pleasure. *Coworth Park, London Road, Ascot, Berkshire SL5 7SE (01344 876 6000; Coworthpark.com)*

For smoother, softer skin, scrub three times a week and use a moisturising gel-wash in between



Organic Exfoliating Body Cleanser £28 Bamford



24 Hour Moisture Gentle Exfoliating Body Wash £2.59 Johnson's



Sacred Nature Bio-Certified Face & Body Gommage £34.95 Comfort Zone



English Pear & Freesia Body & Hand Wash £30 Jomalone.co.uk



Sugar Lychee Bath & Shower Gel £14 Fresh.com



Eternal Grace Perfumed Shampoo, Bath & Shower Gel £18 Philosophy ▶

WE ♥ OLIVE OIL

"The body struggles to maintain hydration during winter. I swear by 2 teaspoons of olive oil in a bath 3-4 times a week to soften my skin."

Maria Hatzistefanis,
founder of Rodial

fastglamour

Hand Therapy
Anti-Ageing Hand
Cream £1.39
Superdrug.com

hand
therapy



ANTI-AGEING
HAND CREAM
Containing
Co-enzyme Q10,
UV filters and Vitamin E
to help delay the visible
signs of ageing.

Fabulous Files
£1.49 (for a set of
three) Colourworks



The new mani-pedis

● GLAMOUR favourite David Barton has the perfect solution for woeful feet this winter. His new **Raw Earth Pedicure** starts with a warming foot scrub, followed by a volcanic mineral mask and a foot massage with a hydrating finishing cream.
£65 for 60 minutes at Percy & Reed, 157c Great Portland Street, London W1W 6QS (020 7637 4634; Percyandreed.com)

● The newest long-lasting nail innovation this winter is OPI's **Axxium Burlesque Manicure**. You get the same 3-week lifespan but with a new glimmering colour range. Perfect for the party season, your nails will survive the winter onslaught of chapping and chipping – and cheer you up on a grey day!
From £40 (01923 240010; Lenawhite.co.uk)

● This November, Nailgirls is working chocolate into its **Winter Warmer** mani-pedis. A cocoa butter and sugar buff-up; a new choco-brown nail colour and a steaming cup of hot chocolate while your nails dry – chocoholic heaven.
From £70 at Nailgirls, 50 Cross Street, Islington, London N1 2BA (020 7359 2772; Nailgirls.co.uk)

● This season, Nails Inc adds **Swarovski nail art** to its manicure menu in selected stores nationwide. Available in three new colours – blue, white and caramel – each with contrasting crystals.
From £50 (Nailsinc.com)

12 NEW DOS FOR HANDS AND FEET

Mirror Shine
Glosser £2.99
(for a pair)
Andrea Fulerton
Nail Boutique

ANDREA
FULERTON
NAIL BOUTIQUE

Royal
Verbena Scrub
£17.70 OPI at
Lenawhite.co.uk

Bio Organic
Hand Cream in
Lavender £9.70
Compagnie
de Provence



ANYONE FOR FOOTSIE?

"Keep feet soft this winter: use a foot file and exfoliate once a week, apply plenty of moisturiser every day, and wear cotton socks overnight to seal in the moisture."

David Barton, celebrity
mani-pedi expert

Deep purples and mulberries mix beautifully with gun-metal greys, both on the catwalk and on your nails; vary the textures from day to night.

DAY

Vernis Long-
Wearing Nail
Lacquer in Black
Plum £17 Dior

Le Vernis
Nail Colour
in Paradoxal
£16.50 Chanel

Nail Polish in
The Thames
£10.50
Nailsinc.com

NIGHT

Nail Polish
in Full Metal
Jacket £13
Narscosmetics.co.uk

Nail polish
in Mystic
Amythest £7.90
Rituals.com

Pure Color
Nail Lacquer in
Extravagant Night £12
Esteeauder.co.uk

THE NEW FRENCH MANI

Step away from the trad
colour combo: "Grey
and purple is a great
alternative."

Andrea Fulerton,
superstar nail guru