

COLLORSTORFMEDIA/EYEVINE

THE BEAUTY BIBLE

An A to Z of cosmetic products, treatments and trends coming your way this season

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A ALCOHOLIC MANICURE

The beauty of a manicurist getting you pissed is that you're more likely to go a bit "wacky" with the colours, and veer into the realms of tangerines and taupes. Nails Inc offers a Champagne Manicure (£45, Harvey Nichols stores nationwide), and So Spa does both a Pint & Pedicure and a Manicure & Martini (£45, Sofitel Hotel, London, sofitel.com/uk), so there's something for everyone.

B BOOB LASERS

The new treatment to trickle over from LA is TLC Breast Enhancement, which uses intense pulsed lights (IPL) to lift the boobs and possibly increase their size. "The microbeam from the laser encourages oestrogen production and mimics natural growth," says Dr Daniel Sister, who offers the treatment at his London salon (£1,500 for six sessions, 020 7221 2248).

Fingersmiths: (above) anyone for a manicure and a Martini? **Right: detox your skin with Chanel Sublimage Serum**

C COMPUTER FACE

The frown lines that come from staring at a screen all day are rectifiable, says cosmetic surgeon Dr Michael Prager, if you look up at least every half hour. And if that fails? "Baby Botox" injections in the lower face and neck."

D DETOX CELLS

The new luxe serums are the skin equivalent of a fruit diet, promising to rid the skin of toxins altogether (Chanel Sublimage Serum, £240, boots.com/chanel; Dior Capture Totale One, £75, boots.com and La Prairie White Caviar serum, £260, houseoffraser.co.uk).

E EYEBROW COLOURING

Balenciaga's autumn/winter show featured models with mint-green, >



D



Good-hair days: (clockwise from right) roots at Zac Posen; quiffs at Fendi, Medusa hair at both Wunderkind and Christian Dior. Below: make-up goes hi-tech

bubblegum-pink and Smurf-blue eyebrows. They looked A-Mazing, bleached first, then coloured gently with hair dye. You could do this at home if you were properly hardcore, but the alternative is eyeshadow or pigment (Golden Olive pigment, £15, maccosmetics.co.uk) dabbed on confidently and neatened with a cotton bud.

F FISH THERAPY

At Aqua Sheko in London (020 3489 8336, £35), a tank of tiny carp are waiting to suck away the dead skin from your heels and toes, pretending they're cleaning the scales of a larger fish. Don't worry, they love it, it's lunch. And apparently it doesn't hurt, just "tickles".

G GADGETS

You know how in the past couple of years, breadmakers and assorted gadgets have infested kitchens UK-wide? The same is about to happen to your bathroom. Beauty gadgets are becoming affordable enough for normal people (that's us) to buy. There are home airbrushes for flawless make-up (Luminess Air, £179, luminessair.co.uk); pore cleansers (Clarisonic Plus, £175, harrods.com and Bliss Pore-fector, £125, 020 7590 6146) and hair-removal systems (Philips Lumea, £399.99, amazon.co.uk) so that you can laser your legs in front of the television. Plus, old-fashioned gadgets such as exercise machines are getting much wackier. The Ciclotte (ciclotte.com) launches this month – a £6,800 designer exercise bike that's perfectly round and looks more like sculpture than something to sweat on.

H HAIR

HAIR FILLERS The idea is to plump up each hair as if it was a rich lady's lip and you were a cosmetic surgeon. Redken's Time Reset range, which is aimed specifically at the over-45s, uses "peptides and ceramide" to target cavities in hairs, and make them lovely and shiny again. (Redken Time Reset Porosity Filler, £13.05, feeluniqued.com)



HAIR ON HAIR Carolina Herrera's catwalk models wore clips covered in silky hair securing their ponytails. The barrettes (there were more than 300) took hours to make – lead stylist Orlando Pita and his team of six spent about 10 hours attaching real hair to each one.

ROOTS Grunge roots are at the wearable end of the 90s trend – dark at the scalp then blonde at the tips, as if you've been on tour gigging for three months, but it's no big deal.

MEDUSA HAIR Dior, Giles Deacon and Galliano's catwalk shows all featured variations on the Medusa do, with fluffy, snake-like braids exploding from models' heads.

EVER-CLEAN HAIR Living Proof do a collection of styling treatments (No Frizz Styling Spray, £18, spacenk.co.uk) which look set to banish the need for dry shampoos and, of course, the awful bore of actually washing one's hair. Their sprays feature polyfluoroester, which they say effectively blocks humidity and actually repels dirt, so you can go for ages without a blow dry and, indeed, a bath.

QUIFFS To get a glamorous quiff, as seen on Kristen Stewart and Scarlett Johansson, backcomb the roots, spray

into place with L'Oréal Professionals Tecni Art Air Fix (£8.90, feeluniqued.com), and then secure at the back with pins.

I IV SALINE DRIP

Screw massages, the new thing is relaxation in a drip. Yes, an IV drip. The Drip & Chill treatment (£225, efmedispa.com) trickles a carefully prepared cocktail of vitamins into your bloodstream for about 20 minutes as you sit and sip the spa's special alkaline water. The menu offers a choice of Immuno, Vitality, Power, Metabolism or Stress booster.

J JERRY HALL



The hair! The draw! The lazy eyes! Beauty-wise, 70s Jerry was channelled on both the Marc Jacobs and the Armani catwalks this season. Glossy cheekbones, massive hair, sticky lips and the promise of a VH1 reality show about toyboys, somewhere in your future.



G

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Pale and interesting: (clockwise from right) koala eyes; a French manicure with Paris Hilton; and wake up and smell the pink pepper in Gucci Guilty

K KOALA EYES

Instead of the traditional smoky eye, the brand-new look is koala – you white out the whole ocular area. That means no mascara and bleached brows. If that's a little much for you to try all at once, experiment with one or the other, or (boring) swap your black mascara for brown.

L LED LIGHTS

LEDs have come a long way since they were famous for being the things that told you your telly was on standby. Now, they make you prettier. The HydraFacial (£99, mayfairpractice.com) uses red and blue LEDs to repair damaged skin cells and treat inflammatory skin. And with LED Light Therapy Skin Rejuvenation (from £120, 020 7499 3848) you get into a pod that they promise uses dry heat and intense LED light to tone the skin, make you thinner and, by stimulating the serotonin inhibitors, make you happier, too.

M MOUTH FACE-LIFTS

American facialists and massage therapists claim massaging the muscles inside the upper lip, cheek and jaw area promotes blood circulation and skin-cell oxygenation, resulting in a tighter, smoother complexion and brighter eyes as well as improved elocution. Elsewhere, dentists are experimenting with scalpel-free facelifts by applying veneers to the back teeth to boost volume in the face, and lifting the mouth by lengthening the top front teeth.

N NAILS

NASA NAILS The beauty of this trend is that you don't have to make a decision. Using Spectachrome



technology, originally invented for Nasa's space programme, Del Sol nail varnish changes colour in sunlight. So, green goes blue when you step outside, then when you're back at your desk, you are back to green. Our favourite is the jewel-coloured red to purple (Heartbreaker, £9.50, inspirationail.com).

BLACKBERRY BLING THUMBNAIL

As seen on the front rows of all the shows, single thumb nails

decorated with Swarovski crystals, tapping away on a phone. No need to waste time on fingernails. Who looks at *them*?

FRENCH MANICURES

This season, when doing your French manicure, think "crazy". Think "wild". Think of the design as a woman who went missing on an Ibiza hen weekend and reappeared with fluorescent braids and a glittery hoodie. Instead of the white tip and fleshy base, they're multicoloured, they're clashing and they're a little bit fun. Try stick-on nails (Paris

Hilton by Elegant Touch, £6.50, asos.com), decals (Dashing Diva) or the excellent colour combination boxes from Yves Saint Laurent (YSL Manicure Couture Duo, £24, boots.com).

LOVAL NAILS

The "in" shape for nails? Glad you asked. It's loval (long and oval), as seen at Christian Dior this season.

O OVERSIZED CRAYONS

Accessorize (monsoon.co.uk) launches a huge new make-up range this month, with loads of glitter and colour and fun things, our favourite being the chunky Eye Crayons at £3 each. Use them for graphic swooshes of colour and experiment with rainbows.

P PINK PEPPER

It's the smell of the season. Recent perfume launches such as Love Chloé, Gucci Guilty, Givenchy Play and Play Intense, Bleu de Chanel, Jean Paul Gaultier's Le Male Terrible and Giorgio Armani Acqua di Gioia all contain this sweet, spicy basenote. All available from selfridges.com.



Q QUEUE FOR...

The most exciting make-up launch in ages – Tom Ford has extended his luxe Black Orchid fragrance range, with dense lip colours and an ultra-shiny dark-cherry shade of nail varnish (0870 034 2566; tomford.com).

R RED EYES

If not now, at the crossroads of itchy eyes from hayfever and bloodshot eyes from a stinking cold, then when? When is the time to try the edgy, yes, but surprisingly flattering trend for red eyeshadow? (Passionate, £11, maccosmetics.co.uk)

S STINK BOMBS



Yes, they are stink bombs, but no, they don't smell at all farty. Cire Trudon's Boules Puantes (united-perfumes.com) launch in November. Available in six scents, including Moroccan Mint Tea, Leather and Tobacco and Wax Wood Floor of Versailles, these little glass vials are intended for guerilla drops, in moments of perfume need.

T TOBACCO CHIC

The idea is not to look as if you've been smoking since you were six, instead to use cigarette colours (mocha eyeshadow, beige lips, fag behind the



ear) to conjure up 90s grunge. Works best with greasy blonde hair, as seen at Alexander Wang.

U UNUSUAL INSPIRATION

Ellis Faas (whose colour range, Human Colors, is now available at Liberty, liberty.co.uk) used to be a special-effects make-up artist. Working to create the perfect wound, the Amsterdam-based Faas says, "I decided to start using those colours in a beautifying way rather than a gory way. Why not take the purple in a bruise," she thought, "and use it as an eye colour?"

V VENDING MACHINES

In lieu of snacks and pop, the U*tique machine (utiqueshop.com), which launched in LA this year, will dispense skincare and haircare items, and make-up by high-end and niche labels. The touch screen offers product-ingredient lists and video demonstrations, with products displayed inside coloured bubbles. And in London, Selfridges asked super-stylist Katie Grand to stock their LOVE vending machine in the St Martins Lane Hotel through last month's London Fashion Week – she chose exclusive Dior nail varnishes and Diptyque Mimosa candles alongside Alexander Wang dresses and a vintage Rolex watch.

W WIGS

Think afro on afro on afro. At Louis Vuitton, models wore hairpieces made from five wigs, piled on top of each other and held in place with precarious bows.

X XEN-TAN

Truly, the perfect self-tan if you're worried about going pale for winter. It has olive tones, doesn't smell revolting and streaks stay at a minimum. (Deep Bronze, £19.95, xen-tan.co.uk)

Y YOUTUBE TUTORIALS

Are make-up artists quivering with fear? Thousands of YouTube tutorials are threatening to put them out of a job as more and more of us turn to the web to learn how to do our own stay-fixed bridal make-up, vintage hairdos and smoky eyeshadow.

Z ZOO-BREATH FRESHENER

Finally! A posh breath freshener for animals. Santa Maria Novella (lafco.com) has created a 12-product line aimed at pets. Along with a mouthwash gel to alleviate halitosis, the collection includes a detangling lotion, ear and eye cleaners, paw ointment and deodorants. Deodorants! ■



Catching the red-eye: (clockwise from top) scarlet eyeshadow; the ultimate self-tan; and the smoky hues of tobacco chic