

Liz Wilde's Beauty Lab

SHE TESTS PRODUCTS SO YOU DON'T HAVE TO

WHICH STYLE WOULD SUIT ME?



I'm 30 years old and wonder if you think chin-length hair, or shorter, would suit me.

I always feel intimidated by stylists and end up with a high-maintenance cut that I hate. Also, do you think highlights would suit me? I've got a family wedding soon and want to look great!

Caroline Riordan, Whitestown, Stratford-on-Avon, Co Wicklow

You should never feel intimidated by your hairdresser — if you do, it's a sure sign that he or she is not the right person for you. You need to feel that your stylist is on your side and is genuinely interested in making you look good. If they act as if you're just another head or, worse still, not worthy of their talent, they don't deserve your money.

Any hairdresser should offer you a free consultation. Ring and ask what time suits them best rather than just walking in. This is when to tell them how much styling you're happy with, or your hair won't look the same between appointments. As a general rule, the more layered your hair is, the

more styling it will require. Looking at your picture, I'd advise avoiding short hair as this will emphasise your jawline. Much more flattering would be a chin-length cut with the ends sweeping out rather than curving in towards you. As for colour, a few highlights or lowlights — or, even better, a mixture of both — will liven up your shade. Mention colours such as toffee, auburn and copper and you can't go wrong.

SWIMMING IS RUINING MY HAIR



I'm currently recovering from a back problem and find that swimming helps with a lot of the stiffness. But I'm continually washing my hair and the chlorine is drying it out. I use a baby shampoo and I brush for 100 strokes a night to bring back the natural oils. Are there other treatments you can recommend?

Carolyn Love, Milton Road, Portsmouth, Hants

First, stop the nightly brushing as it's a myth that 100 strokes a day are good for your hair. Imagine if you brushed a jumper every day — how long do you think it would last before

looking threadbare? The same goes for your hair. Brushing pulls hair out at the roots, breaks off dry bits and scratches the scalp.

I would swap your baby shampoo for UltraSwim Protective Shampoo and Conditioner, £3.15 each. These contain ingredients to gently remove the chlorine. Ring 01256 844144 for your nearest stockist. For washing between swims, I'd recommend Green People's Intensive Repair Shampoo and Conditioner, £8.50 each. For stockists ring 0870 240 1444.

MY NAILS ARE TURNING YELLOW

Please help. My nails are yellow and I don't know what to do. I put base coat on before applying varnish. What else do you suggest?

Marilyn Price, Cumberland Crescent, Burntwood, Staffs

You're wise to use a base coat — going without causes discolouring. As do some hardeners and adhesives used to apply artificial nails. Yellow nails have also been associated with some illnesses, so it's worth visiting your GP.

To improve the look of your nails, you need a product like Mavala Mava-White, which has pigments that illuminate in UV light to hide stains. Apply it between base

EXPERT ADVICE FOR SKIN PROBLEM

I wanted to pass on some advice from Lush cos Mark Constantine. He believes that in 50 per cent of cases the person suffering from a skin complaint is causing the problem. He recommends that anyone with a skin problem should stop using all products for a few weeks apart from Lush Ultra Bland cleanser, £4.35. Our faces have far more nerve endings than the rest of the body and can react to many things. But Mark told me all skin conditions can be improved, so don't panic! Lush shops have free skincare samples, so once your skin has settled down you can test further products before buying.



and varnish and it'll brighten your colour. Or apply it straight and it won't look as if you're wearing varnish. Find it at department stores and chemists, priced £7.70, or ring 01732 459412.

MY SKIN'S PATCHY AND SENSITIVE



I'm 15 and have very sensitive skin with dry areas and oily patches. Whichever foundation I try doesn't work for both so my skin breaks out. Please help.

Alannah Taylor, Erskine, Renfrews

One option is to invest in a foundation that's formulated to suit combination

skin such as yours — look for the word 'balance'. A good one to try is Virgin Vie Perfect Balance Foundation, £14. Phone 0845 300 8022 to order. Another option is to apply your product just where you need help — that goes for moisturiser too.

If you have oily areas, simply leave them unmoisturised because they have their own natural oils. Moisturise just the dry areas, then let the cream sink in before putting on your base. I love Almay Nearly Naked Compact Make-Up, £8.99, as it's so easy to apply. And as with all Almay products, it's oil-free, hypo-allergenic and fragrance-free so even the most sensitive skins can wear it. Find it at Boots, Superdrug and independent chemists.

PASS IT ON!

I'd read about the benefits of Dead Sea minerals for conditions such as eczema and psoriasis, and thought I'd browse the internet for my four-year-old son who suffers from severe eczema.

I found a product called Dead Sea Treasures Bath Bubbles, £8.99, and I was amazed to find that my son had no adverse reaction at all — even medicated bubble baths used to leave him red and sore. Instead his skin felt lovely and soft, and he loved playing with the bubbles.

Since then I've treated myself to their Bath Salts, £3.49, which come in lots of lovely fragrances — my favourite is

orange. I love to relax at the end of the day and these salts make me feel great. The company that makes these products is called Dead Sea Beauty and I found them at www.deadseabeauty.co.uk

K Girach, Redpath Close, Leicester



My skin gets really dry which causes me to have regular rash outbreaks, but I've found the solution. Avon's Planet Spa White Tea Energising Face & Body Mist, £3.50, is amazing! I just spray it on my face and it helps

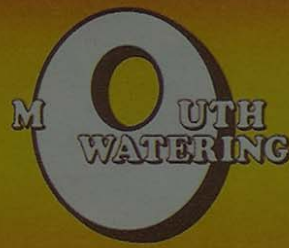
my skin stay soft. I now use it every morning over my make-up to seal in moisture. The difference is amazing.

Jo Eardley, School Road, Eccleshall, Staffs

I have thick, wavy hair and regularly use ceramic straightening irons to smooth it out. I've discovered that if I apply a little of Asda's Shine Finishing Serum afterwards, my hair looks really sleek and feels much softer too. And at a price of only £1.68 this really is the best-value hair product I've ever used.

Dawn Richardson, Mutual Street, Doncaster, S Yorks

£40 Do you have a question for Liz? **£20** for each letter used, plus **£20** for photos of you at your best — or worst! Send to Beauty Lab, *Take a Break*, FREEPOST LON12043, H Bauer Publishing, London NW1 1YU, or e-mail Liz at tab.beauty@bauer.co.uk



BEFORE ROASTING BRUSH CHICKEN WITH OIL AND SPRINKLE ON A CHICKEN CUBE FOR A FANTASTIC CRISPY SKIN.