

# PRIDE

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**SPA SEEKERS:** The only way to work the natural look with vengeance is with flawless skin. Think of your skin as a canvas: a painter wouldn't expect to create a masterpiece on a bumpy or flawed canvas. So, let's start with the basics to picture-perfect skin.

If you have funds to spare, take a trip to the spa for a **Keraskin Made-to-Measure Facial**. The detox ritual (£39; 08000 121 785) is a deep-cleansing facial and the perfect pick-me-up for city-grime skin. Enjoy an advanced double cleanse, mini facial massage, exfoliation treatment, face mask and SPF moisturizer to finish. To assist sun-damaged scars and dark marks, **Microdermabrasion** is a popular answer. **G-Spa Microdermabrasion Treatment** (£90; www.g-spa.co.uk) is an intense (but painless) exfoliation treatment designed to smooth skin and encourage cell renewal. With continuous treatment, the appearance of superficial damage is improved. **ELEMIS Visible Brilliance Facial** (£65; www.elemis.com) is perfect for more mature skins. It combats ageing, stressed and slackened skin. Clinical trials showed that moisturization levels of the skin increased by 38% and elasticity by 26% after just one treatment.



**AU NATUREL:** If DIY facials are more up your complexion an added sparkle. Start the day with **Replenishing Foaming Cleanser** (£27; www.sparklepr.com). This great cleanser that is non-drying and will soothe and hydrate while gently removing surface dirt. Toners often get left out of cleansing regimes, however, stressed-out skin will thoroughly benefit from **Australian Organics Clarifying Toner** (£8.50; 01622 859 989); this combination of aloe vera and witch-hazel extracts will relieve and energize lacklustre skin. Regardless of how thorough your skin care is, you will still have impurities, so twice weekly exfoliate with **Microdermabrasion** to dulling surface skin texture with **Microdermabrasion**.



**Gentle Cream Exfoliant** (£98.20; 0800 591 618). This non-abrasive exfoliant treatment will leave skin visibly brightened and smooth. Lastly, moisturize with **Skin Visage Everyday Illuminating Lotion** (£12; 01622 859 898) to rehydrate and provide a boost to supple skin.

**BACK TO BASE-ICS:** Now that your skin is feeling as good as new, you're set to create natural-looking make-up – so natural that most people wouldn't know you're wearing any! International celebrity make-up artist Pauline Briscoe explains: "To achieve a natural-looking base, use a tinted moisturizing foundation like **Laura Mercier Tinted Moisturiser** (£32; 0800 123 400) only on parts of the face that need covering – under the eyes, the forehead, nose, chin and anywhere you may have breakouts. Finish the look with a translucent mineralize powder, such as **MAC Mineralize SkinMatch Natural** (£16.15; www.maccosmetics.co.uk), for a healthy glow." Concealers are also great for eliminating the need for fill foundation. **Bobbi Brown Creamy Concealer** (£14.68; www.bobbibrown.co.uk) is perfect for covering dark circles under the eyes.



**BARE NECESSITY:** Give bright or snaky eyeshadow a miss and opt for "a wash of browns and gold for an earthy, natural look on dark skins," says Pauline. Try a dab of **MAC Earthy Coloured Loose Pigments eyeshadows** (£14.68; www.maccosmetics.co.uk) – they are easy to apply and look great. Apply a brown or black mascara like **Prescriptives False Eyelashes Plush Mascara** (£15.66; 08700 322 566) for definition. For lips, "stick on a natural-looking balm such as **Elizabeth Arden Eight Hour Cream** (£20; 08450 70 80 90) for a juicy pout."



Michelle Obama routinely misses the make-up chair in favour of the public seeing her face naturally. Shevelle Rhule takes us through the secrets to low-maintenance beauty.

## Effortless BEAUTY



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