

LIFE'S BETTER WITH...

sparkle^{pr}

best

look good



Make-up advice, hair know-how and best buys from beauty expert **Helen Pike**

You have **LONG** hair



You have **SHORT** hair



You have **MID-LENGTH** hair



Gorgeous hair no cutting required!

Experimenting with your existing style is a brilliant way to get a brand-new look. Here's how you can recreate these fabulous celebrity styles, whatever length your hair is...



LONG AND SLEEK Cheryl's hair is straight without looking too ironed. Copy this by spraying **TRE Semmè Smooth Memory Straightening Spray**, £4.29, onto hair before straightening. Separate hair into sections and then use irons, section by section.

VOLUME Improve your blow-drying technique for extra volume. For best results, use a high-speed, low-heat setting to minimise damage. Spend time drying the roots to achieve volume that lasts.

UP DO To recreate this modern bun, backcomb at the roots then comb over to create the illusion of bigger hair. Wrap hair around at the nape of the neck, tucking in ends. Finish with shine spray.



SPIKY Enhance layers to add texture. Warm a pea-sized amount of **Parlane Enhanced Layers Sculpt And Shine Wax**, £2.99, between fingers and work through hair from the nape of the neck upwards.

ACCESSORISE Victoria proves headbands work on crops and are the perfect way to beat bad hair days. Pick up yours from **Accessorize** or **Clare's**.



QUIFF This wet look takes minutes. It works best on day-old hair as the style stays in place. Distribute gel through hair with a fine-tooth comb. Part to create a quiff and fix with grips for a full day.



CURLS If your hair is naturally wavy, encourage curls without the frizz by applying **John Frieda Frizz-Ease Curl Defining Spray Gel**, £4.75, through the length and scrunch-dry. The product creates springy curls without any heaviness or crunchiness.



UP DO Give a classic chignon a modern twist by keeping the front section loose and relaxed, swept to the side. When putting your hair up, gently tease the roots with your fingers before lifting your hair into a chic chignon. Finally, set with a light hairspray.

SIDE-PARTING Changing your parting from the centre to the side is a quick and easy way of creating a trend-new look for a day. In order to achieve a neat parting, always use a comb.

Best test Creamy cleansers

Great for rescuing winter skin, we tested 14 to find the best four for you

Australian Organics Crème Cleanser, £8.50 Can be used with water or tissue off, depending on how dry your skin is. Two applications are needed for a deep cleanse. Keeps skin free of irritation. **7/10**

Garnier Clear Anti-Tighten Cleansing Foam The wipe-off formula leaves skin refreshed. more fluid creamy. It skin types

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24th February 2009