

FASHION & BEAUTY

LIFE MATTERS

More cash is needed for developing council plans

Councillors are to be asked to inject a further six-figure sum into developing the planning vision that will shape the future of Breckland in the coming years.

A meeting of the full council on Thursday, members of Breckland Council will be asked to allocate another £136,000 to "maintain the momentum" in developing the council's local development framework (LDF) with its private sector partners, Capita.

The LDF is a masterplan for the district until 2026 which, through a series of lengthy documents, sets out goals for business reaching from job creation to building new roads and rail links and homes.

A report to go before Thursday's meeting says that while the LDF has been progressing well, "it has not been easy to build and maintain this momentum".

It states: "Four factors have stretched resources. First, the negotiation and rollout of the council's contract with Capita absorbed a considerable amount of officers' time. Second, the uncertainty created by local government review and outsourcing has contributed to key personnel leaving the authority. Third, the Breckland LDF has covered up a number of various statutory bodies have required the council to bring forward a commission work that was either not envisaged, which the council had to avoid, or programmed

The hottest buys for a beautiful summer

From travel essentials to lavender beauty treats inspired by the gorgeous purple-tipped fields at Heacham in Norfolk, fabulous fragrances for summer to 1980s-inspired neon make-up, **STACIA BRIGGS** finds the best beauty buys for summer.

Hard-working holiday essentials

- **Evian Facial Spray, £3.95.** Like a fresh splash on the French Alps, this deliciously cool, skin quenching mist will come to the rescue of your stressed out skin.
- **Quash Moisturising Hand Sanitiser, £3.99.** Toss. Solacing the hotbed of bacteria lurking on surfaces by using the quick hand sanitizer which kills 99.9% of germs including MRSA, E. Coli and Salmonella.
- **Morgan Perfume Free set, £9.95.** From Superdrug. Perfect for beauty minimalist who prefer to carry just the bare essentials, this compacted set contains four best-selling Morgan fragrances in pen form.
- **Dr Talmie Day Summer Mist Mist, £9.95.** The 200, available at department stores and online at drtalmiecosmetics.co.uk. A perfect pick-me-up packed with natural flower water, rose, violet and chamomile.
- **Beautique Mink, from £2.75.** Beets. An impressive range of very easy make-up that will fit into the smallest of beach bags.
- **Australian Organic Peach Kernel Oil Moisturising Shower and Bath Gel, £3.99.** John Lewis, Holland and Barrett. Perfect for the shower after a day on the beach, this moisturising gel leaves skin smooth and just soapy.
- **Misera Lash-Cat waterproof curl enhancing mascara, £3.99.** Frisk Eye Bites in raspberry. £2.99, misera.co.uk. On the morning after the night before, these two products are all you need to get through the day like a pro.
- **Rimmel They Bronze Milk Shower Lotion, £3.99.** Rimmel. Light-weight non-sticky and super glowing, this is the shade to wear on warm evenings.
- **Lavera Whitening Face Wash, £3.95.** Lavera.co.uk. Refresh your face with this



amazing-smelling soap can't I can list, although as a sample as a good start, it's available. Don't miss in a basket, a quart of this

Rejuvenate. Fights plaque and bad breath between brushing

→ **Paul Mitchell Azevulip Moisture Mist, from £4.50.** Available from selected retailers, call 0845 4390022 for details. Moisturises hair, softens skin and neutralises odour – all in one bottle. Please do not use to take it on holiday, only.

- **£4.50. Half Paint in Mint Green and Bright Purple, £2.95.** Glitter Eye Candy Set (best viewed), £2.95. The colour of the 1980s fan, Barry M offers a rainbow of colourful colours for eyes, nails, lips and face.
- **Be the Nevee Tea Party in Emerald, £8.30.** bevetheparty.com. Super-fine glitter which you can use all over – simply sprinkle after moisturising or wear a little on your eyelashes after mascara.
- **Beats Not Limited Edition Eye Summer Collection Eye Shadow Palette £2.50.** Beats. Boy George would have loved this selection of bright shades in vibrant green, apple green, lilac, metallic silver and much.
- **Cosmetica la Carte Lip Gloss Bubble Gum, £3.00.** cosmeticalcarte.com. Gloss doesn't come much brighter than this. Wear it while you listen to Cyndi Lauper. Girls to Wave to How Fun.

Don't forget that we have a panel of experts ready to answer all of your fashion, beauty and skincare problems. Read their latest columns and ask them questions on the Life Matters pages online at www.eveningnews24.co.uk

Lovely lavender

Love yourself in a purple haze of lovely lavender products.

- **Tisserand Soothing Organic Lavender Body Lotion, £5.95.** Watsons and Holland & Barrett. A cooling post-sun lotion to moisturise, soothe and refresh sun-exposed skin – can help reduce signs of tanning and peeling hair.
- **Lush Angels on Bare Skin, £4.52.** Lush, Goodman's Walk, bath-as-uk. Looks like cookie dough but actually contains a blend of rose and lavender oils to cleanse and exfoliate beautifully.
- **Organic Soap Lavender and Organic Shower Gel, £4.75.** Superdrug. Infused with a harmonious blend of organic essential oils, this indulgent bathing treat cleanses and calms the body and mind.
- **Organic Lavender Shampoo, £6.49.** Holland & Barrett. Packed with 100% organic lavender, this refreshing and effective hair cleanser is ideal for nourishing dry and frizzy hair.
- **Lush Dream Time Solid Bath Oil, £2.82.** Lush. Melt this creamy block into a luscious bath before bedtime and guarantee yourself a sweet night's sleep.
- **Daniel Gallego J'Algarve Hair Lineary Lavender Conditioner, £4.99.** Hanesse. Perfect for dry and itchy scalp, this super conditioning conditioner is packed full of lavender essential oil.
- **Argenteo Lavender Soap, £2.95.** From Holland & Barrett. Fragrant and regenerating, this organic lavender soap cleanses the skin to gently remove all dirt and impurities. It's all purpose gel is formulated to refresh the skin and soothe whenever needed.
- **Lush Washing Not Drowning Bath Bubbles, £2.22.** Lush. Perfect for the occasional, in your life, lavender calm and balances while ylang ylang and mandarin and forest clear your head. Sweet dream!
- **method French Lavender Hand Wash, £2.99.** From Sainsbury's and Tesco. Chemical-free and biodegradable, this luxury hand wash cleanses and softens without causing any irritation and leaves you smelling of soothing French lavender.
- **Paul Mitchell Lavender Mist Moisturising Bodywash and Body Butter, £7.95 and £12.25.** Available from selected retailers, call 0845 4390022 for details. Melt away the day's tension and relax with the calming aroma of lavender with the pair of products which moisturise, cleanse, soothe and comfort dry skin.
- **Body Butter, £12.50.** The Perfume Shop. A lush, more summery perfume inspired Body Butter comes in a 100g jar. Perfect for evening hydration.
- **Amparo Soap Summer, from £2.95.** The Perfume Shop. An exciting fragrance with an orange blossom, pink and top notes of plum with a base of warm, spicy, gingerbread notes.
- **Sexy Mocha Eau D'Ine Summer Edition, from £20.** The Perfume Shop. A tempting seductive and alluring edition of the original perfume, which is a warm, spicy, gingerbread notes.
- **Chloe Riveb Hill Head lot, from £27.95.** The Perfume Shop. The lot is the best of the best. The fragrance is a rich, rounded mix of soft, sensual notes of honeysuckle, green mandarin, and mandarin.
- **Perfume Shop prices are below RRP.** Branches in Chipstead and The Mall Norwich.
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A selection of fabulous fragrances for summer



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Rickshaw bike riders make it into record books

A couple entered the record books after completing their 1,000 mile on a rickshaw bike from Land's End, Cornwall to New Point, Linneth.

Cambridge graduates Simon Etkind and Aimee Halbert, both 34, celebrated the end of their four-week trip between Britain's most westerly and easterly points with lunchtime fish and chips on the beach on Sunday.

Simon, from London, who has just graduated to medicine, was first graduated to medicine, confessed that their rickshaw – also known as an ox-cart – had driven more than the odd curious glance from passing motorists on the last leg of their journey along the A12.

He said: "We have generally stayed off busy roads, but most people have been happy for us. It was a bit tight in London, but everywhere else they have been very nice."

Simon and Aimee, whose family comes from Woodford in Essex, are confident their marathon will raise more than £1,000 for the charity Action Village India.

Simon said: "We have both travelled in India and were inspired by the grassroots work undertaken by the charity, for example in education and helping to get businesses started."

→ **The couple can still be sponsored via their website www.actionvillage.org.uk**

Businesses get the chance to land award

Businesses in and around Yarmouth are being invited to show off their innovative products and commercial acumen by entering this year's Spirit of Enterprise Awards.

Businesses can apply for the following categories: great small business, great customer service, great new business, great business growth, great business to business, great leisure and tourism business, great engineering business and great retail award. A final category – the Entrepreneurial business of the year award – will be chosen from entries in the eight other categories.

"The events provide the opportunity for all businesses in the area, no matter how small or large to receive acknowledgement for their achievements," said awards spokesman Philip Dool.

→ **To enter, visit www.spiritofenterprise.co.uk/awards or call 0800 456 8146.**

