



Easy STYLE & BEAUTY

Dress, £14, Peacocks



Bag, £8, Peacocks

Instant beauty

Gorgeous tips for an immediate feel-good boost

Get glowing skin

Perk up your circulation by applying your moisturiser or foundation with gentle patting motions rather than smoothing on. This technique helps kick-start your blood flow making skin look more radiant. Keeping moisturiser in the fridge for a few minutes before applying helps, too.

Enhance your cleavage

Make boobs look bigger by drawing a vertical line down your cleavage with a bronze lipstick. It helps to create the illusion of a bigger bust while giving skin a shimmery finish.

Cover grey

The odd strand of grey can be temporarily disguised with mascara in the shade closest to your hair colour. Coat the strands

of grey and then wash or brush out when you want to remove it.

Build body

Apply a thickening product before blow-drying to hair that's in need of a body-boost. Try Schwarzkopf BC Styling Treat Volume Lotion, £8.80 (call 01296 314000 for stockists). Teamed with the heat of a hair-dryer it'll help to add fullness to your hair. For even bigger results, tip hair upside down as you dry.

Banish wrinkles

Disguise wrinkles and fine lines by spritzing your skin with a fine mist of water. Try Evian Brumisateur Facial Spritz, £3.50. The cells in our skin's upper layers absorb the water, making them look plumper meaning lines and wrinkles look less prominent. Apply moisturiser afterwards to seal in the water making the effect last longer.



Boots offer a free Sanctuary Home Spa experience when you spend £10 on Sanctuary products in store until March 23. The Me Time Spa Treats gift includes Spa Essentials Body Wash, Luxury Bath Float, Salt Scrub and much more.



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ELING UTILITY

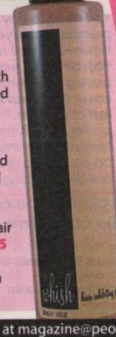
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PRODUCT RANGE OF THE WEEK

WHISHFUL THINKING

Thanks to Whish - a bath and body range favoured by the likes of Rhianna - as the rest of your regime. There are products to prepare, cleanse, exfoliate and moisturise while the Shave Crave teamed with a razor will give a smooth finish and the Shave Saviour is a cooling gel to replenish after shaving and slow down hair growth. With prices starting at just £12.05 you'll soon be Whishing you ditched the waxing strips months ago. Available from www.touchmyface.co.uk



How to... GET TOUSLED LOCKS WITH LEE STAFFORD

- STEP 1** Blow-dry your hair until it's 95 per cent dry before gathering it up into a loose ponytail at the nape of your neck and twisting round into a tight low bun.
- STEP 2** Spritz your bun with a strong hairspray like Lee Stafford Hold Tight, £4.99, before 'baking' your bun with your hairdryer for about 15 minutes on a medium setting.
- STEP 3** Allow your locks to cool for a couple of minutes before releasing your hair, and then run your fingers through it. The result? Beautifully tousled, flyaway-free hair.

For beauty queries, please write to us at the address on page 3, or email us at magazine@people.co.uk