

that's life!

BEAUTY SALON

Just ask Lisa and she'll send you the goodies

SHINE DECLINE

Q When I have my hair cut it looks great. But when I grow it up it doesn't look so good. As I straighten it every day, what can I do to prevent that?

A **ANANDA PARIKH**, London, says you need to give your hair a break. Instead of using a straightener every day, try using a heat protectant spray. She recommends the **Paul Mitchell Thermal Protection Heat Spray**, £4.99, but if that's not your style, try the **Paul Mitchell Thermal Protection Heat Spray**, £4.99.

GOING SKIN DEEP

Q I have deep vertical lines around my eyes. What can I do to get rid of them?

A **ANANDA PARIKH**, London, says you need to give your skin a break. Instead of using a straightener every day, try using a heat protectant spray. She recommends the **Paul Mitchell Thermal Protection Heat Spray**, £4.99, but if that's not your style, try the **Paul Mitchell Thermal Protection Heat Spray**, £4.99.

FACIAL THERAPY

Q Is it better to stick to one brand of face products, or use a mix of different brands?

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COSMETIC CONTACT

Q When you buy eye makeup, how do you know if it's safe to wear?

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THE DARK SIDE

Q I have dark circles under my eyes. What can I do to get rid of them?

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ALL DAY GLOW

Q I want my skin to look healthy and glowing all day long. What can I do to achieve that?

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£50 Get a beauty worry or need advice? Lovely Lisa's here to sort it - and if your letter's published, you'll receive the products she's recommended for you. Plus, there's £50 for the Beauty Salon Star Letter. Write including a recent photo if possible to Beauty Salon, 3rd Floor, Academic House, 24-26 Dord Road, London NW1 7DT. Or e-mail beauty@thatlife.co.uk

www.thatlife.co.uk

THE DARK SIDE

Q I have dark circles under my eyes. What can I do?

S SILCOCK, ASHTON-UNDER-LYNE, GTR MANCHESTER

A Drink at least two litres of water a day to flush out toxins. Then use **SkinVitals Eye Brighten Eye Treatment Mask, £2.99**, from Boots, to help boost the area. Afterwards, using your ring finger, gently tap **Nivea Visage Aqua Sensation Anti-Shadow Eye Cream, £5.95**, on your eye socket bones. Until this regime kicks in, hide the shadows with **Maybelline Dream Mousse Concealer, £5.99**.

