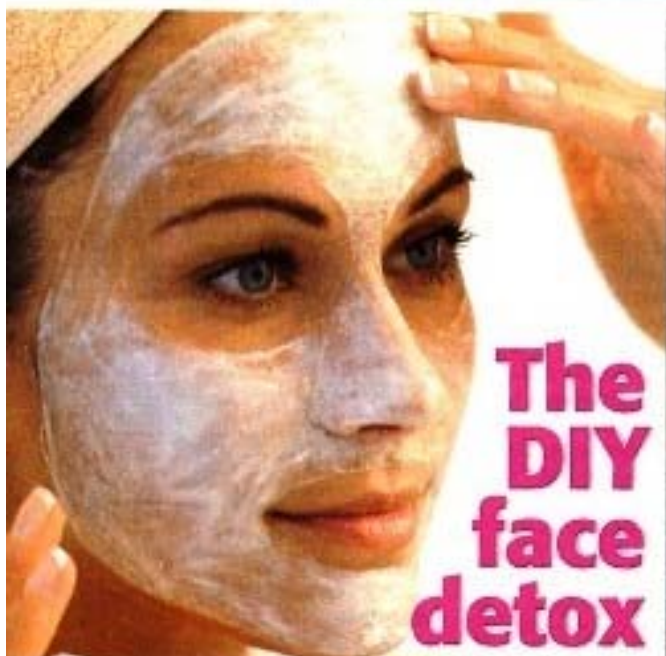




# Real beauty

Got a beauty problem? Don't worry, our expert **Veena** is on hand to help you look gorgeous



## The DIY face detox

It's that time of year when you've eaten and drunk too much – and it shows! Just follow these steps to get a healthier-looking you...

- 1 Scrub up with Think Happy Organic Surge Let's Face It Stimulating Face Exfoliant, £5.99, or Neutrogena Visibly Clear Gentle Exfoliating Wash, £3.75 – both cleanse deep down.
- 2 Try Skin Vitals T-Purify Anti-Spot Cleansing Treatment Mask, £2.99, or The Sanctuary Warming Charcoal Detox Mask, 99p, to draw out impurities.
- 3 Skin Wisdom All Day Hydrating Moisturiser, £2.97, is perfect for thirsty skin after party season abuse. Follow with Superdrug Natural High Instant Radiance Balm, £3.99, to brighten a complexion.



## Cracking up

**Q** My feet are always dry and cracking, but they are especially bad at this time of year. What can I do to get them looking pampered and smooth by the summer?

**Ann Rowse, 54, Hatfield, Hertfordshire**

**A** Once or twice a week, soak your feet in warm water and add a little Sanctuary Foot Soak, £4. Pat dry, then use a foot file to get rid of dead skin and apply Boots Deep Moisturising Foot Cream. You could also sleep with socks on after applying a rich moisturiser.

**Boots Foot Cream, £2.99**



## SAVE or SPLURGE? RED NAIL POLISH

Don't let your nails look dull just because Christmas is over. Cheer them up with a coat of classic red...

Max Factor Nailfinity in Wine Red, £5.50.

**MORE! £5.50**



## Drying out

**Q** I love light-coloured lipsticks and glosses. I have so many, but they all seem to dry my lips out. I end up applying more, but this just makes my lips worse. Can you suggest something that has a subtle colour and shine but isn't drying?

**Rachel Tate, 21, north London**

**A** I know just the thing. Burt's Bees Lip Shimmer comes in seven subtle shades. Each has a hint of colour with a shimmer and it's basically a lip balm which is moisturising for your lips, too.

**Burt's Bees Lip Shimmer, £7**



Barbara Daly Make-up for Tesco Mini Nail Varnish in Reckless, £2.20.

**LESS! £2.20**



## Deep conditioners

**£25** each (question priced)

To tell us a tip, ask a question or test the latest products, write to: Veena Bhaini-Smith, **Real People**, 33 Broadwick Street, London W1F 0DQ or email [beauty@realpeoplemagazine.co.uk](mailto:beauty@realpeoplemagazine.co.uk). Include photo and contact details.

**AVEDA CURESSENCE CONDITIONER, £14.80**

★★

'Wasn't keen on this. It felt more like a regular shampoo than a conditioner. I struggled to get a comb through it!'



**CLINIQUE HAIR CARE HAIR REPAIR MASK, £12**

★★★★

'This left my hair smelling and feeling good. The texture was lovely, but I did have to use quite a bit.'



**KERASTASE NUTRITIVE MASQUINTESE, £10.55**

★★★★★

'Rich, luxurious and the instant it touched my hair, I could tell. My hair looked as though I'd had a salon treatment.'



**REDKEN EXTREME RESCUE FORCE, £15.50**

★★★★

'The texture was thick and creamy and my hair definitely felt less dry. But this wasn't as good as the Kerastase.'



**ORIGINS RICH REWARDS INTENSIVE MOISTURE TREATMENT, £12.50**

★★★★

'The lovely thick texture made my hair feel clean and nourished. It smelled gorgeous, too – I'd buy this again.'

