

FORHER

SHE'LL LOVE...

Africa bag
Small citrus fruit is still in season and we are loving this tangerine dream. Among the first crop of spring products to arrive in Ted Baker, the softer leather shoulder bag is called Africa and costs £159.
Available now at Ted Baker - www.tedbaker.com



TRIED & TESTED

With Diane Parkes

Mono eyeshadows

Laura Mercier Foiled Eye Colour in VIP Silver

£18
Packed with glitz, layer this on thick for full-on party eyes or add a touch of silver to any spot that requires jazzing up.
★★★★★



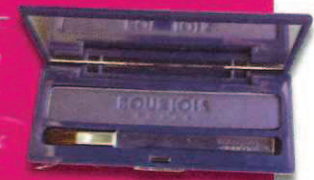
mac cream colour base in Bat Black

£12.50
A little oily although it blends well so it is possible to opt for a smudge or full colour.
★★★★★



Bourjois Ombre Stretch in bleu nuit irise

£5.86
Mysterious midnight blue with deep pigment and a touch of shimmer which is ideal for smoky eyes. Well packaged with mirror and brush for a good price.
★★★★★



Illamsaqua Pure Pigment in Android

£15
A pot of pewter, this gives plenty of sparkle which can be used not only on the eyes but anywhere that needs an extra bit of festive glamour.
★★★★★



Beverly Knight K Eyeshadow in Jet

£14
Rich powder in deepest black. Soft enough to blend or mix with other shades. Aimed at darker skins, this shade could be used by all.
★★★★★



> MUST-HAVE FASHION AND BEAUTY

RETAIL THERAPY

with Alison Jones



All about you

Celebrate the new year with these health and fitness inspired goodies



Stay cool and in control with a cutting edge sports bra (£26) from **Freya Active**. It is made with CoolMax fabric that dries five times faster than cotton. It also wicks moisture away from the body. The strap is padded for comfort. They are available in soft cup with an inner sling extending to the shoulder strap to reduce bounce) and underwired (with puncture resist wire casing) in sizes up to an H cup. There are also matching active shorts (£10). For stockists ring 01536 760282 or look up www.freyaactive.com.



Detox shouldn't be all about denial. **Aromatherapy Associates** have found a more pleasurable way of eliminating nasty toxins that are the result of too much good living. Its Revive Morning Bath & Shower Oil (£34.75) and Revive Body Gel (£26) has invigorating ingredients like pink grapefruit, rosemary and juniper berry to cleanse, tone and purify. Massage them in for maximum effect. For an instant pick me up the Citrus Detox Reviver (£50) has essential oils which have a diuretic and detoxifying effect. For mail order ring 0208 569 7030 or look up www.aromatherapyassociates.com



This **Kingfisher Splash** watch is hi-impact when it comes to colour. The Diver-Pro is made from silicon rubber and comes in a seven vibrant shades, including pink, purple, red, green, blue and yellow. Built for function, it has become a fashion must have. It costs £175 from Christopher Ward. Ring 0844 875 1515 or look up www.christopherward.co.uk



Don't forget your five a day. **Virgin VIE** packs its Beauty Essence Superfood Serum (£15) with two of them. It contains pomegranate and tomato extract along with natural yoghurt in a cocktail that your skin will drink in to protect and nourish it, and help fight the signs of ageing. For more information look up www.vieathome.com or ring 0845 300 8022.



Too achy to head to the bar apres skiing? Relax with a new service, **Beauty & the Piste**, which offers luxury mobile massage and beauty treatments. Therapists come directly to your chalet or hotel room to pamper, soothe or revitalize tired skiers. It operates within the Swiss mountain resorts of Nendaz, Verbier and Crans Montana throughout the ski season until the end of April. The service even offers an early morning pre-ski "Piste Basher" massage. For details and prices look up www.beautyandthepiste.com or ring 0041 (0) 79 838 9314.



Keep your muscles limber as you warm up for yoga with this wrap effect grey marl cardigan (£29) from **La Redoute**. There are also matching leggings in grey marl (£13). Ring 0844 842 2222 for mail order or look up www.laredoute.co.uk



If you are serious about fitness it is time to hit the streets (no, don't punch Mike Skinner). This **Ronhill Women's Vizion Windlite** (£49.99) jacket will protect you from the worst of the elements as you start on your resolution to run more. Team with Ronhill-RH Vision Powerlite tights (£37.99). They are available from Blacks on 0800 056 0127 or look up www.blacks.co.uk



If you demand instant results or just can't be bothered to slim and gym, the right clothes can perform magic. **Wizard Jeans** claim they can trim off inches thanks to new concealed corsetry technology that flattens stomachs, lifts bottoms and makes legs look longer. The jeans come in blue, white or black (£95). There is also a glamorous pair for evening with Swarovski crystal detailing on the pocket (£135). They are available from www.glamour247.com

Get wellied for spring

Q: What should I be looking at for this spring's men's wardrobe essentials?
Pete in Bearwood

A: Spring is an exciting time for the fashion industry - after the sales rails stuffed with heavy knits and dark colours have been cleared away, it's time to welcome in the new. One of my favourite labels for men is traditional British brand John Smedley - great wardrobe staples that are perfect for the changeable weather in the coming months. Snap up a 100% cotton v-neck sweater in black or navy (£90) and the crew neck version in navy, blue, light blue or white.

STYLE GURU

with Kevin Breese



New in at Harvey Nichols is the classic Polo Ralph Lauren collection, and the SS10 short sleeve polo shirts (£65) and check shirts in a variety of colours are a wise buy.

Q: What shoes or boots are going to be the must-buy for 2010?
Sarah from Kings Norton

A: One of the most exciting arrivals this spring is the Jimmy Choo Hunter wellies. This festival fashionista's favourite is set to be the city's next big must-have. Priced at £235, they have been spotted on the oh-so stylish feet of Kate Moss, Pixie Geldof, Henry Holland, Rachel Bilson... you will be praying for rainy days. As ever, Christian Louboutin leads the way in new season footwear. His elegant Ron Ron court shoes (£385) remain the most popular choice and new for SS10 are round-toes in turquoise and black. What girl could resist?

Kevin Breese is General Manager of Harvey Nichols at The Mailbox

Pixie Geldof gives her Jimmy Choo Hunter wellies a work out

