



1 UPDATE YOUR SKINCARE

If most of your skincare products are brands you discovered in your teens or twenties, then it's time you reviewed your choices. Opt for a nourishing range aimed at mature skin: I like the new one for women aged 45-plus from **Elizabeth Arden called Ceramide Premiere Intense Moisture and Renewal**.

It has been made specifically to target the needs of skin that has less moisture, collagen, elastin and protein, which all decrease over time. This triple hit of day cream, night cream and eye cream contains ingredients such as ceramides (natural lipids or fats), sea minerals and retinols that pack moisture back into skin and brighten it. The ceramides are skin replenishing, the sea minerals are rich in nutrients and the retinols reduce the look of lines and pigmentation.

Ceramide Premiere Intense Moisture and Renewal Activation Cream SPF30, £68; Ceramide Premiere Intense Moisture and Renewal Overnight Regeneration Cream, £72; Ceramide Premiere Intense Moisture and Renewal Regeneration Eye Cream, £44. From Boots and Elizabeth Arden counters.

Plus, ensure you remove dead skin from the face to give it radiance. Invest in some **Monu Micro Exfoliant, £13.25**, for a glowing complexion. (08702 209094, monushop.co.uk)



Refresh and revitalise

It's all too easy to stick with the same tried-and-trusted products, **but every now and then it is important to update your beauty routine**, just as you would your wardrobe

Words **Lynnette Peck Bateman**

When we are young we pile on false eyelashes, wear bright eyeshadows and lipsticks, put glitter on our face, dye our hair all colours of the rainbow and seemingly experiment with how we look every week.

But in time, most of us stick with the same safe products for decades and often this look is from the era we grew up in. This

is actually the most ageing thing you can do, as who wants to look 'very Sixties' when it is 2012?

This is not about looking fashionable but is about looking the best we can – when we feel we look good it boosts our self-esteem too. From trying a new skincare range and booking a makeover to trying a different hair style or the latest nail art, we have lots of ways to help you refresh your beauty routine.



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2 LEARN SOME NEW TRICKS

Frontcover Cosmetics sells boxes that contain not just products, but also step-by-step instructions from make-up artists on how to use them. Its latest boxes are **Matte + Metallic, £20** and **Colour of the Season (pink), £14**. You may feel that by now you know how to apply eye-shadow and lipstick, but these tutorials are very inventive and teach layering, plus other new tips and tricks. (frontcovercosmetics.com)

3 TRY CHANGING YOUR HAIR

'I use the three strike rule – have something different done on every third hair appointment whether it's a fringe, a slightly different shade or a new length,' says former Celebrity Hairdresser of the Year, Jamie Stevens. **'You wouldn't wear exactly the same clothes every day for ten years, so apply this principle to your hair** and be open to change. It doesn't have to be drastic – small tweaks can open up your face and take years off. Talk to your hairdresser in detail about what you're trying to achieve and they will work with you on your look.'

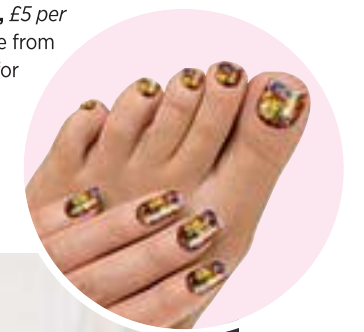


5 BOOK A MAKEOVER

Most department stores offer free makeovers at the various beauty brand counters. **We particularly rate Bobbi Brown at House of Fraser.** The advice is always sensible and do-able. (0845 602 1073, houseoffraser.co.uk)
Nadira V Persaud has been a make-up artist for years. Her **Make Up or Break Up!** service (1hr, from £100) declutters your make-up bag and advises on cosmetics to re-fill it. For a new look, try her **Make Up Manoeuvres** (1.5hrs-2hrs, from £150). (07973 469748, nadiramakeupmistress.com)

6 NAIL THE LATEST TRENDS

When you finish your bottle of nail polish, do you immediately buy another one in exactly the same shade? If so, it's time to reassess. **The latest look we like is nail 'wraps'.** Stick them on and your nails are instantly transformed. **Trendy Wraps, £5 per pack**, are made from vinyl and last for up to a week. (01752 267147, trendy-wraps.com)



4 SAMPLE SOME NEW BRANDS

An interesting idea that really took off in 2011 was **'beauty in a box'**, whereby you sign up to a company and they deliver you a beauty box with a different selection of products each month. We recommend **Carmine, which is £10 a month plus £2.75 p&p** for five beauty samples (larger size) of make-up, skincare or fragrance, including luxury brands such as Caudalie and Balance Me. It is a good way to try new brands and products. (carmine.co.uk)



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