

## Beauty news by Kate Shapland

### THE BACKSTAGE SECRET THE NEW EYESHADOW

The look MAC's make-up artists created for Alexander McQueen's a/w 07 show was tide-turning: it heralds a return to more made-up eyes, and I predict you will feel underdressed in a few months' time without eyeshadow and/or eyeliner on. Green or blue seem to be the hot colours, but they don't have to be day-glo: softer shades are as beautiful and easier to carry off. As ever, application is the key to wearability and stability. Try these this way: **MAC for McQueen eyeshadow** Brush a layer over lids to give them a wash of colour. £10, [maccosmetics.com](http://maccosmetics.com) (available from October 1). **Benefit Mint Julep loose eye powder** Dot sparingly on to lids with a fingertip. £12.50, [benefitcosmetics.co.uk](http://benefitcosmetics.co.uk). **Rimmel Splash Shimmer Colour Mousse eyeshadow** Dot on to outer corners of lids with a fingertip, blend to fade colour inwards. £3.29, [rimmelondon.com](http://rimmelondon.com). **Chanel Bonsai Green Crayon Yeux** Stroke over upper lids, close to the lashline and from the outside corner in. Fuzz with a cotton Q-tip. £10.95, [chanel.com](http://chanel.com).



**THE WEBSITE** [GIRLSTRAVELCLUB.CO.UK](http://GIRLSTRAVELCLUB.CO.UK) Furnishes you with the knowledge of seasoned travellers such as Becci Coombes (whose marvellous idea it was) with tips ranging from good packing to personal safety and – the best bit – natural and hard-to-find travel staples. Coombes has sourced some wonderful bits including Olive Leaf Paper Soap (£2.99), a toothpaste tube and brush protector (£4.99), personal water purifier (£39.95) and even a handheld portable loo (£4.99).

**THE COMEBACK WARMING BATHS** Now that summer, such as it was, is coming to an end we can start getting cosy again, and Jo Wood's Amika Organic Bath Oil – a restorative bath oil with Persian rose otto, neroli and jasmine – is my first seasonal recommendation. I admire Wood's dedication to product purity: everything in her organics range is made with quality essential oils, and a bath in this oil is truly sublime. £65, [jowoodorganics.com](http://jowoodorganics.com).



**THE NOVELTY MAKE-UP ORB** Lancôme's seasonal make-up collection, Mystery Game, includes this wonderful palm-size make-up orb which opens up to reveal an eyeshadow duo on one side and lip colour with matching gloss on the other. Destiny's Cube comes in two contrasting looks, one of which – Deep Fascination, with its burgundy lip-colour and green eye shades – is right on trend for the season. £40, [lancome.com](http://lancome.com).

**THE CLASSIC KIEHL'S BLUE ASTRINGENT HERBAL LOTION** Launched in 1964, this topaz-coloured toner is one of the oldest formulations by Kiehl's, New York's most famous pharmacy, and celebrated for its spot-zapping powers. An alcohol-based lotion with camphor, witch hazel and menthol, it is not for the delicate-skinned – it really is tough on spots (and razor burn), but fans claim that once you have had a bottle you are never without it – indeed, Andy Warhol never was. £14, [kiehl.com](http://kiehl.com).

**THE EXPERIENCE CARBOXYTHERAPY** I have heard promising reports about this treatment's ability to reduce hard fat. A soft surgery, it involves subcutaneous application (ie injection) of carbon dioxide gas, which circulates (with the aid of massage) and stimulates fat burn. Results are instant: skin is smoother, toned (due to improved blood circulation) and less like hard cottage cheese, and the treated area is slimmer. Carboxytherapy is being done in the UK only by Dr Daniel Sister at BeautyWorksWest, £100 per session. Appointments: 020-7221 2248.

