



THE BACKSTAGE SECRET SHIFTING STUBBORN

NAIL POLISH Spotted backstage before Abaeté's s/s 08 show: Creative Nail Design sent in a crack team of experts to sort out the models' nails, and remove the acrylics and polishes lingering from previous shows. They soaked cotton pads in polish remover, placed them over nails and wrapped them in silver foil. When these were removed five minutes later, every trace of varnish had gone. The manicurists also rubbed conditioner into fingertips. Do try this at home with these treatments:

Suncoat Natural Nail Polish

Remover Made from soy and maize extracts, this works slower than removers with acetone (the chemical that makes nails brittle), but use it as

CND did and it works well. £10.95, greenhands.co.uk. **Poppy Organic Hand Cream** Smother hands with this rich cream (£13.99, poppyorganic.co.uk), then pull on a pair of Cherry Stone Heated Mitts (£40 per pair, greenhands.co.uk) which self-heat to enhance absorption and softness.



THE WEBSITE ADIOSBARBIE.COM

If only for a one-off visit, this site is a must for anyone having a down day about their size or looks. Aside from making you chuckle – Victoria Joy's 'fat rant' and features such as 'seven ways to love your body through thick and thin' are good levellers – if you are becoming a little too hooked on the superficial side of beauty represented by Botox, anti-ageing creams and anti-cellulite treatments, AdiosBarbie will bring you back down to earth.



THE NOVELTY BOTANICAL

SCALP SOOTHER Loaded with natural therapeutics such as meadowfoam oil and cranberry, Arcona Primo Amino Shampoo (£20, glowgetter.co.uk) makes a welcome change to chemically charged hair care. Its scent is mild (it doesn't linger, telling the world what you washed your hair with), it is soothing on an itchy scalp (an unexpected bonus), and it doesn't make your hair look a mess, unlike so many natural shampoos.

THE COMEBACK JO WOOD EVERYDAY

Being addicted to Jo Wood's luxury bath oils, I was thrilled to hear about Everyday, her new bodycare line. Encouraged by the success of her first range, Wood has returned with body creams and scrubs. Tula Exfoliating Salt Scrub (£24, jowoodorganics.com) is a to-die-for mix of rosehip and apricot oils, as soft as marble dust. Everyday is the epitome of practical luxury – not an easy balance to strike.



CHARLIE When it launched in 1973, Revlon's Charlie caused a stir through its promotional imagery – the model Shelley Hack (later a Charlie's Angel) leaping across the page in Ralph Lauren pants – designed to depict the sexy free-spirit of the Charlie girl. A mix of fresh florals – gardenia, hyacinth, lily-of-the-valley and violet – and spices such as coriander and musk, Charlie is a timeless favourite. Eau de toilette, £9.50, revlon.com.

THE CLASSIC

FULL STOP: CATWALKING.COM