

Fashion & Beauty

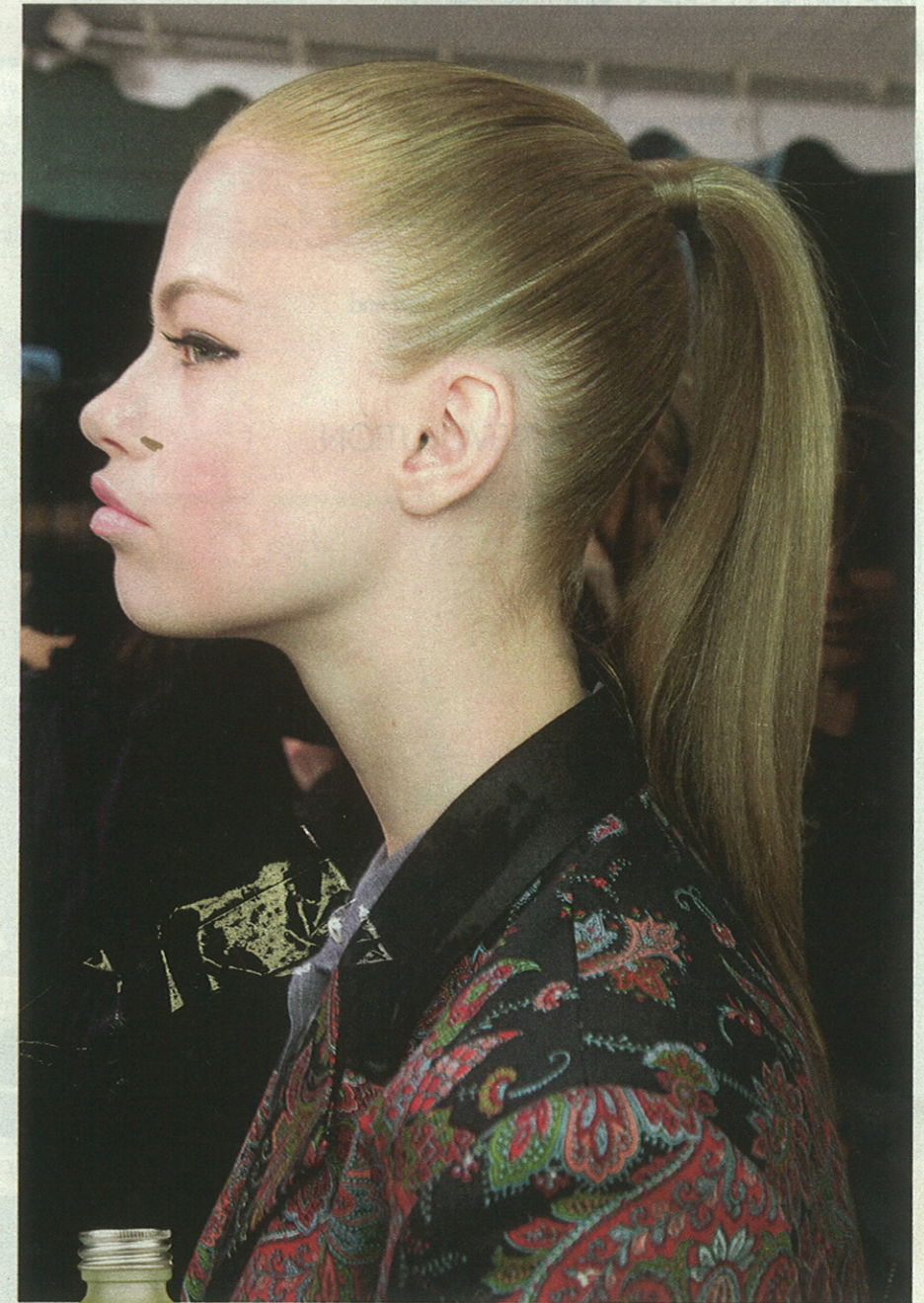
Beauty notebook by Kate Shapland

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THE BACKSTAGE SECRET THE HIGH PONY There is something so sexy about a high ponytail, and it had a bit of a revival at the a/w 2011 collections, swishing up and down catwalks for Calvin Klein, Alexander Wang, Marc Jacobs, BCBG, Marni and Philosophy. The common features for each style were sleekness, simplicity and height, and the best example was the pony that the hairstylist Guido Paulo created for Marc Jacobs's show. To do it, Paulo swept the hair back so tightly it looked like a laminated sheet (do this by tipping your head back so hair falls more naturally into a smooth line), secured it into a ponytail, then wrapped strands of

hair around the band. Don't apply too much styling product, this look requires the barest minimum of aids.

L'Oréal Professionnel Play Ball Supersize Mousse Distribute a palm-sized drop through towel-dried and combed hair. £11.75, lookfantastic.com. **Blax Snag-Free Hair Elastics** Tough as old boots and transparent, so they hold hair in place seemingly invisibly. £3, hqhair.com.

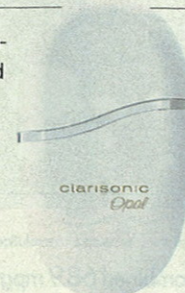


THE REJUVENATOR RESILIENCE LIFT Estée Lauder Resilience Lift Firming/Sculpting Face & Neck Creme was specially developed for midlife skin and for use at night – a time when scientists believe skin recovers best from daytime environmental assaults. It contains a nocturnal lift complex (vitamin C and sirtuin technology) that works with skin's 'natural circadian rhythms'. The buttery-textured cream also has a calming scent. £60, esteelauder.co.uk.



THE SCENT EMPORIO ARMANI DIAMONDS BLACK CARAT FOR HER Created by the perfumer Jacques Cavallier, this new fragrance – a fruity floral – features notes of vanilla, freesia, Bulgarian rose and benzoin. It is rather mysterious – which, looking at its black diamanté bottle, you would expect. For Mr Armani it also embodies the 'fire and force of the Emporio Armani couple'. Quite. £49, giorgioarmanibeauty.co.uk.

THE NOVELTY CLARISONIC OPAL A palm-sized gizmo that claims to turn back time and build resilience to ageing around the eyes by tapping skin at 125 sonic movements a second, then dispensing the Anti-Ageing Sea Serum. As you move the device gently under your eyes (over upper cheekbones) in a circular motion, it promotes absorption. £155, 0800-988 4864; clarisonic.co.uk.



BRIA REPLENISH OIL Unscented, preservative-free and made with soothing organic chickweed (which helps relieve itchiness), safflower and sunflower oils, this bath oil was made for those with chronically dry skin, because unlike aromatherapy bath oils it doesn't aggravate or further dehydrate. Add it to a warm bath (when water is too hot it further dries out skin) and soak for five minutes before rinsing your skin well. £8.95, thenaturalstore.co.uk.

BEST BUY