

Beauty Spy

Even Keira Knightley's hair is stellar

3 top

THIS WEEK Shimmer sticks

Edited by SOPHIE GOODWIN

ELF makes reasonably priced, reliable cosmetics. All Over Color Stick reflects the light to give you a healthy glow and comes in four shades including pink lemonade. £1.50 (0845 678 8818).



A pocket-sized three-in-one shimmer stick is brilliant for cheeks, lips and eyes. The Multiple by Nars comes in a huge range of colours – we like Copacabana. £27 (0870 837 7377).

Chantecaille's Aquablush is 50 per cent water, so it's almost like a refreshing gel. Radiance, one of six colours, is sheer and light, so is perfect for summer. £35 (020 7225 5758).

HOW TO DO

THE PERFECT UPDO

BY MICHAEL CHARALAMBOUS AT NYUMBA

- Wash your hair the day before so it's easier to work with. Alternatively, use a moisturising shampoo and conditioner and then blow-dry the hair straight, using a volumising lotion to give it texture.

- Loosely brush your hair into a ponytail, then twist into a relaxed ballerina-style bun just above the nape of your neck.

- Secure with embellished hairgrips or a bejewelled comb or slide. If you have long hair, hold the ponytail in place with an elastic band before pinning it.

- To soften the look, use a hairdryer on a low setting to loosen a few strands of hair.

- Finish with a light shine spray. Nyumba: 020 7408 1489



Trick or treatment

A YOGA CLASS AT HOME WITH RETURN TO GLORY

The promise Increase strength and fitness and calm the mind, without leaving your home.

The process All I had to do was log on to their website and choose what I wanted and when. There are over 100 thoroughly trained teachers to choose from: they turn up on time and do everything they can to accommodate your needs. Although I've attended a yoga class once a week for a year, my technique is far from perfect. Professional and enthusiastic, Anne Marie Hennessey took time to show me how to breathe and get the best from my body.

The verdict A one-to-one yoga session at a time that suited me was ideal (especially as it was raining outside). I learned lots of useful things that I can now put into practice when I'm by myself and I won't get so frustrated. Perfectly at Home, £55 for an hour (www.returntoglory.com). SG



STAR BUY

Shu Uemura makes the best false eyelashes. Pick a pair that have real pearls (above), £350, or Harlequin (top), £50, from Viktor & Rolf's eye-popping collection. At Harvey Nichols (020 7235 5000).



THE TOOLS

Cherry Chau 3 Loop Pavé Bow Magnet hairpin, £59.95, at Harvey Nichols (020 7235 5000)

Aveda Rosemary Mint shampoo, £9.50, and conditioner, £10.50

Aveda Brilliant Spray-On Shine, £12 (0870 034 2380)



'A woman should never wear anything she cannot lose. Why have jewellery in a safe? Stack it on and enjoy.' Catherine Zeta Jones is a show-off



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