

Fashion, health & beauty

How to perk up your skin after the excesses of winter



Kisser: Perfect your pout with the right potion

Make-up advice

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YOU scoffed through Christmas, drank yourself silly through New Year and now your face is shamelessly giving away your wicked ways!

You thought a new year detox was your friend but not only has all that deep cleansing brought your toxins out in a sea of spots, but your willpower is starting to dwindle.

Who wouldn't want clear, glowing skin – it's certainty at the top of my wish-list.

But forget doing it the right way. For those of us who aren't blessed with it naturally, here are a few tips on how to fake it!

1. Too many late nights are going to leave you with tired eyes and dark eye bags, so a light reflecting under-eye concealer is a must-have. Not only will it brighten your dark circles, but it will also illuminate your eyes for a brighter more wide-eyed appearance.

2. Too much alcohol will leave your skin looking sallow and lacklustre. So if your skin has lost its glow you need to brighten your complexion with a luminous base. Used under your regular foundation it'll give your skin a subtle shine to give it back its sparkle.

3. Too much caffeine will dehydrate skin so regularly spritz it with lots of natural goodies, like those found in Liz Earle's Instant Boost or MAC Mineralise Charged Water. Refreshers like these will add radiance, set make-up and revitalise your skin.

4. Forgetting to take your make-up off can cause breakouts and make pores more visible. But luckily a good make-up primer will hide imperfections like large pores, skin discolourations and so on. My favourites are Benefit's POREfessional primer and Clarins Instant Smoothing Perfecting Touch base.

5. Spots need a high coverage concealer, but never use this as an all-over foundation or you'll look like you've had a run-in with a cement mixer. Look at your face carefully to work out where you need coverage and where you don't.

6. Dull skin can be given its glow back with a little highlighter. Highlighting is a technique that brings your face and make-up to life. By applying a shimmery creamy coloured powder along the cheekbones, underneath the brow bone and also in the inner corner of your eyes you can both sculpt and brighten your face.

7. Chapped, dry or flaky lips can look thinner and more wrinkled than normal, so for emergency rehydration, pierce a vitamin E capsule, squeeze out the contents and apply to lips. Then apply a moisturising lipstick with hydrating ingredients, like hyaluronic acid, to bind pout-boosting water to your mouth.



Flower power: Patterned shirts, dress, scarf and ring from the East collection. Right, floral print dress from the Spring Bloom range

New season look follows floral pattern

PUNCHY prints and pretty patterns have emerged as one of the key trends for spring and summer this year, and one city centre store's new season collection showcases this with its latest range of stunning clothing and accessories.

At EAST, in Princesshay, choose from a selection of paisley shirts and floral prints to keep you on trend this season.

The highly decorated fabrics add texture and the fresh colour palette of pastels and light hues make the versatile shirts a staple item for your wardrobe.

Feminine prints are used in full effect on spring dresses. And from the 'Spring Bloom' range, EAST's floral prints will take you through to the new season into summer, while the flowing skirt showered in ice-cream coloured daisy prints exudes easy elegance. If you want to add some print to your look without wearing it head to toe, choose a gorgeous scarf or a piece of jewellery to give a nod to the trend.

The 'Laundered Blues' romantic red scarf is embellished with intricate patterns which will add interest to the simplest outfit, or pick larger statement floral prints for a bolder look.

Choose from a selection of beautiful rings to add a finishing touch, including two shimmering styles in stunning shades.



A style SOS? Call Chantelle...

Style dilemmas could be a thing of the past thanks to the Echo's new fashion expert Chantelle Znideric

As a child Chantelle always wanted to be involved in the fashion industry. Growing up in Devon the wannabe fashionista spent all her time designing shoes, making clothes, styling her mum and shopping for the latest fashions – hoping that one day she would bag her dream job of becoming a personal stylist.

And the dream came true – Chantelle is now one of the UK's leading personal stylists. It has taken guts and determination to become one of the best in her profession, but she says it was worth all the effort.

She had a good job as a graphic designer, but left to pursue her dream, launching her style consultancy in

2007 after completing a professional image consultancy course.

Alongside her training, she launched a styling focused fashion blog, TopStylista.com, which gave her a fantastic online platform to reach out to style-hungry women across the globe.

Chantelle and her experienced stylist team at TopStylista provide bespoke personal styling and shopping services for men and women nationwide and overseas. More recently, she was delighted to launch her personal shopping service at Princesshay Exeter after collaborating on the Face of Princesshay Exeter model search.

The personal shopping service is perfect for those looking to enhance their image, or update their existing wardrobe with the new season trends and styles. Chantelle said: "Typically, the majority of clients don't know where to start, they may be stuck in a rut or their lifestyle has changed. Therefore, they may need help with



Fashionista: Chantelle Znideric has launched a personal shopping service in Exeter to advise buyers on updating their look

restyling their wardrobe." Next month Chantelle is going to help Echo readers with their style dilemmas in our new Style SOS feature starting on March 15.

If you have a fashion problem – need that perfect outfit for a wedding, a maternity wardrobe or stylish work wear – get in touch by emailing skemp@expressandecho.co.uk by the end of February, and be prepared to be styled!

● To book a personal shopping session with Chantelle or to find out about her style consultancy, see www.personal-stylist.co.uk or call Chantelle on 07971 484882.



Natural: The Ojon collection

Get ahead the natural way

If you want to treat your hair with a natural beauty product – then Ojon have just the shampoos and conditioners for you. The company is known for creating products from naturally-derived raw ingredients found in the world's rainforests.

Their new Volume Advance collection nourishes fine limp hair

and restores strength, resilience and thickness, adding volume and shine. The range includes: Volume Advance Shampoo & Conditioner (£18.00/£19.50 – 8.5fl oz/250ml); Volume Advance Volumising Cream (£20.00 – 4.2fl oz/125ml) and Volume Advance Volumising Styling Spray (£20.00 – 7.9 fl oz/265ml). Details: www.ojon.co.uk

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