

**Paris and Britney**

Inside the ultimate  
Hollywood friendship

**Anxious times**

Why worry makes  
the world go round

**Doing bird**

Heston Blumenthal  
goes hot turkey

# PARTY LINE

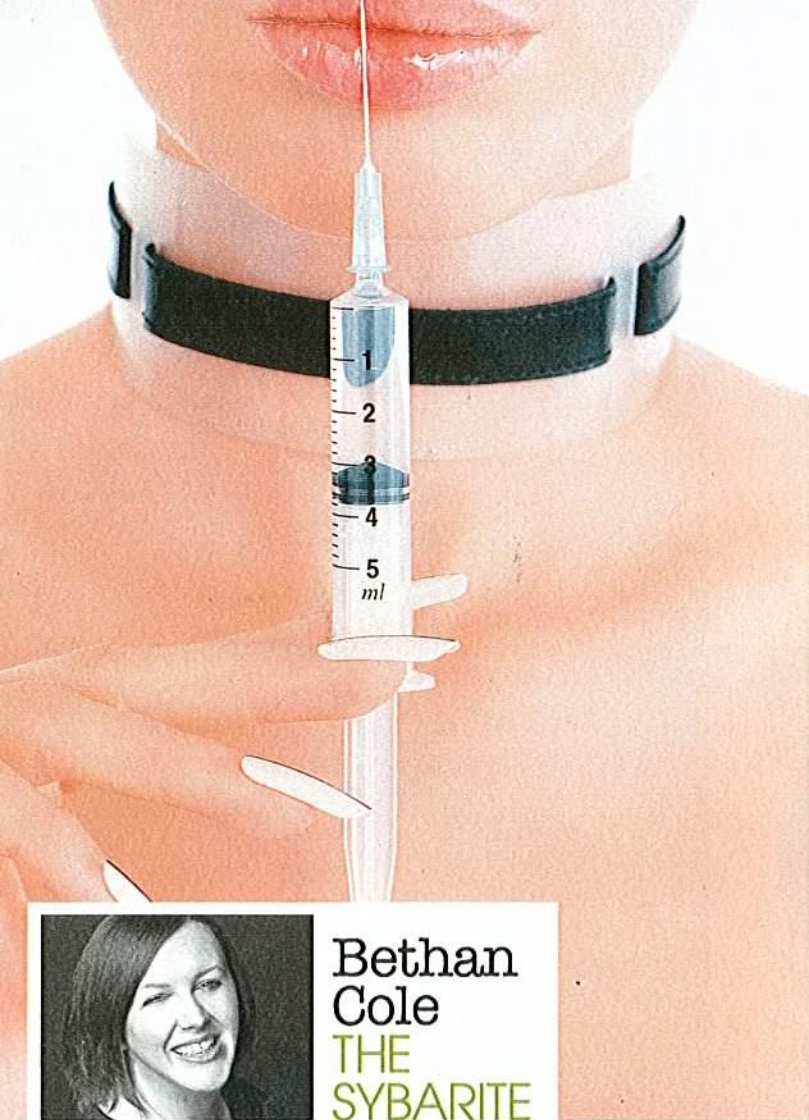
Beauty gurus reveal how to put  
your best face forward

# style

THE SUNDAY TIMES

DECEMBER 10, 2006





## The cheek of it

They may seem a bit garish in the tin, but the sunset of shades in Pop Blush Cake, in Warm In Sienna, is a fail-safe way to achieve perky-looking cheeks. £10, 020 8741 0957

## Soft touch



The action of Caudalie's Beauty Elixir is two-fold: it keeps skin comfortably moist and lifts the spirits with its minty smell. The limited-edition butterfly bottle gives you all the more reason to lust after it. £24, from Space NK; 020 8740 2085



**Bethan Cole**  
THE SYBARITE

## In a nutshell

The organic Ikove range gets its superhydrating properties from the nutrient-rich Brazilian fruit extracts and nut oils it contains. The Hand Savior is an instant skin-nourisher with a non-sticky matt finish. £11; [www.ikove.co.uk](http://www.ikove.co.uk)



## Facing the future

My mother wants Botox. I'm cool with it. She's 64, has worked hard all her life, and in her youth looked like Catherine Deneuve. I can understand it, even though I am fundamentally opposed to the needle. So, my current quest is to find somewhere safe and responsible to book her in. High on the list is Dr Sebah, who counts celebrities and top beauty editors among his clients. I'm also considering the American plastic surgeon Dr Barry Cohen's new medi-spa, Beyond Spa, at Harvey Nichols (020 7235 5000). Its crack team of dermatologists, physicians and medical aestheticians do Botox, fillers, peels, microdermabrasion, laser, intense pulsed light therapy, collagen stimulation and tooth whitening. Frankly, I'm tempted to see a dermatologist there myself; not for Botox, of course, but to discuss the general state of my skin and how to improve it. I like Cohen's approach – unlike Sebah, he doesn't believe in preventive Botox (which I question, too) and has the philosophical approach that less is more where Botox, fillers, lasers and peels are concerned. "I would rather turn away a person who does not need a treatment, and believe that we are honest, than make a few more dollars," he says. All good. Cohen is also (like me) sceptical about Thermage, which tightens skin by heating the dermis and the web of collagen in the inner layer. He doesn't offer it because of legal action against the company in America. What are his tips for good skin? "One: sunblock. Two: sunblock. Three: do not smoke. Four: basic skincare in your teens and twenties, including moisturisers, cleansers and antioxidants. Five: later on, treating specific problems with good skincare products." You could try, for example, Cohen's own skincare brand, pH Advantage, which has proven ingredients at meaningful levels. Beyond Spa, I reckon, is a place you can trust.



## WARM AND SPICY

Susanne Lang eaux de parfums are wonderfully individual. Try the perfumer's own trick and layer the warm and sensual Cashmere with the piquant Red Ginger. £35 each, from Selfridges; 0870 837 7737

**DO IT NOW** Get glossy locks at the Blow Dry Bar at Topshop, Oxford Circus