

## ear new you

in 01 (£23). It is best to colour the lips before the eyes — “It makes for a prettier face” — so after my lips were lined with nude liner, she applied Clarins Rouge Prodige lipstick (£16) in praline. After showing me how to create the perfect almond eye, it was time for some professional trickery: a dusting of Mac Pro Sculpt Powder. As Renaissance painters knew, a neutral colour shaded along cheekbones, jawline and eye sockets enhances the features, making eyes pop and lips pout. I now have tips I will treasure for years to come, and a new look that turned heads on the streets of St Germain. **Price** £250 for 90 minutes, including a personalised tips sheet to take home. Alexander is based in Paris but available by appointment at her London studio once a month.

■ Alexander's must-haves to suit every skin: Dolce & Gabbana, The Lipliner in nude, £16, harrods.com; Guerlain Les Météorites Voyages compact, £102, and Terracotta Men bronzing powder (great for women too), £36, nationwide. VJ

## Bespoke Facial

Beyond Medispa at Harvey Nichols, Knightsbridge, London SW1, and 34 St Andrew Square, Edinburgh EH2 020-7201 8595

beyondmedispa.co.uk

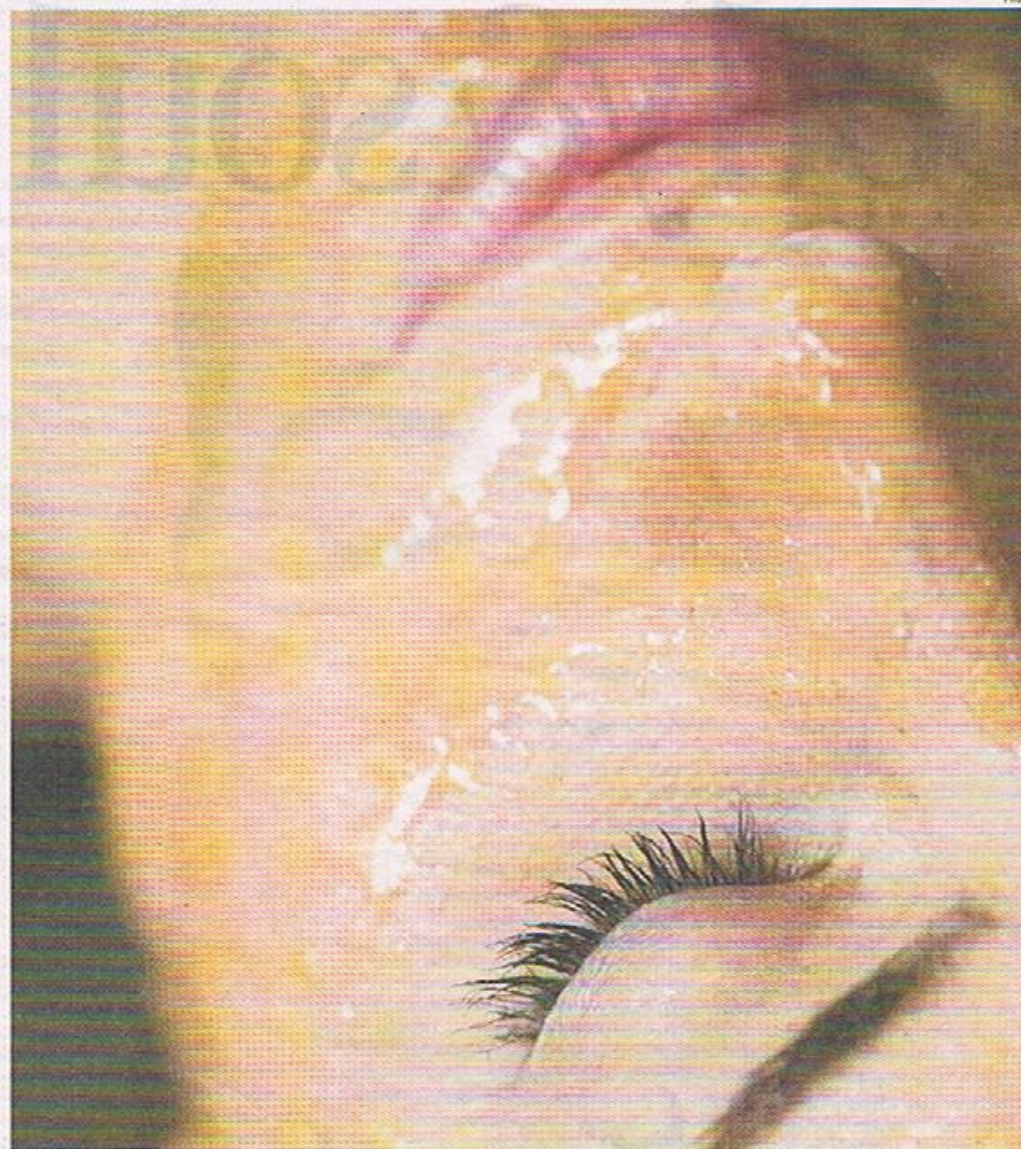
**Aim** Rejuvenating and lifting facial drawing on a range of therapies, from chemical peels to light therapy.

**USP** Customised to your skin's individual condition and needs.

**We say** When you hit 30, you can no longer get away with falling asleep in your make-up and cleansing your face with toner. So I discovered when I underwent skin analysis with expert facialist, Magda. My skin was very dehydrated, with the beginnings of the dreaded crow's feet around my eyes. When she showed me how my skin might look in a year, I was putty in her hands. Luckily, she recommended a diamond microdermabrasion, which felt only slightly rougher than an exfoliating cream, and a gentle lactic acid peel. Although I was nervous of a chemical peel, the sensation wasn't unpleasant, and I left clutching lots of advice on how to keep my skin hydrated — a must in your thirties if you want to stave off wrinkles — and the importance of Vitamin C serum applied daily alongside a moisturiser with a high SPF. My skin glowed after just one session, although a course of six is recommended. I'm still receiving compliments.

**Price** £200 for 90 minutes. A course of six at £1,000 is recommended. pH Advantage High Potency Vitamin C Serum, £70; and AM Facial multi-complex SPF 20, £65.

VJ



Beyond MediSpa at Harvey Nichols is offering Times2 readers 20% off their first treatment in the month of January (excluding Zeltiq CoolSculpting). pH Advantage is offering Times2 readers 30% off their first purchase in January at phadvantage.co.uk. Just enter the code “beyond2ph” when you check out

head massage. Now that I've seen the difference that having perfectly arched brows makes — wider eyes and brows that really frame your face — I'll never let them go straggly again. **Price** £17 for 10 minutes.

VJ

## Collagen boosting

QMS MediCosmetics, 43 Cadogan Gardens, London SW3 020-7730 8090;

qmsmedicosmetics.com

**Aim** To have a facial that does something more than smell nice. **USP** Treatments have a medically sound background.

**We say** The older you get, the less collagen your skin produces, the more wrinkles appear, and the more aged you look. Simple. This starts happening for real around your mid-thirties.

Unlike soothing facials that leave you feeling rested, smelling nice but otherwise facially unaltered, after one

## 40s Pellevé

Dr Rita Rakus, London, SW3 020-7460 7324; drritarakus.com

**Aim** To tighten the skin in a non-painful, non-invasive way. **USP** A fresher face without surgery. **We say** Dr Rita Rakus is one of just three practitioners in the UK of Pellevé, a treatment for wrinkles that doesn't involve surgery. It works by heating deep layers of the skin by using radio frequency technology. The heat causes collagen in your skin to contract and tighten. After the treatment, your skin produces new collagen, giving an improvement in firmness and tightness. **Price** £600 per session.

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