

BACKLASH

Heading into spring, we're ditching the false eyelashes and making the most of what we've got. Besides, those falsies aren't doing our own lashes any good. I swear by getting eyelashes tinted: it's one of the best low-maintenance beauty tips, preventing panda-eyes and stopping you look washed-out. **Shavata** at Harvey Nichols (01 291 0488) is a good place to start. And we've heard good things about **RapidLash Eyelash Enhancing Serum** (€49.99, at Boots), which conditions and moisturises lashes to make them look their fullest and most Cheryl-like; it also boosts thinning eyebrows. It takes a fair few weeks to see results, so have patience. Otherwise, try a bit of colour to give your lashes a boost: try YSL's waterproof Mascara **Singulier La Nuit Blanche** (€31) in Vibrant Violet or Vibrant Blue. Lancôme **Hypnôse Precious Cells** (€25.50), a volume-boosting, regenerating mascara launched last year, is now available as a limited-edition black with a hint of purple or green. Try layering luscious Noir Purple on the lashes on the outer eye corner to open up the eyes.



TRIED & TESTED

TRIED: Beyond Botox Facial at Serenity Day Spa, 55B Glathule Road, Sandycove, Co Dublin, 01 230 0244; www.nualawoulfe.ie. **WHO'S EXPERTISE?** Nuala Woulfe, owner and exceptional therapist; her adaptations of treatments are well-informed and clever - you won't find them elsewhere. **THE USP:** The hint is in the name - Woulfe believes in anti-ageing the holistic way as opposed to the Hollywood way. **THE SCIENCE:** The treatment combines Jet Peel, oxygen therapy and microcurrent to tone and strengthen facial muscles, reduce fine lines and stimulate cell turnover. **THE EXPERIENCE:** Unbelievable. The first stage feels like your face is exposed to the seafront, irrigated with micro-powerhose-like jets of slightly salted water, fresh and invigorating; next the 'hose' is used to blast the skin with oxygen; then skin is slathered in an ultrasound gel to carry the microcurrent which gently stimulates the cells and perceptibly tightens the muscles. **OUTCOME:** The results are immediate - my skin looks plumped and smooth and even in tone. I think the awful furrow between my eyebrows seems fainter. More to the point, I loved the treatment: it was incredibly refreshing, not just the deep cleanse, the hydration and the shot of vitamin C from application of the Skinceuticals serum applied, but so many facials are soothing yet palliative, ie, do no harm. This one made me and my skin feel enlivened and well. **THE DETAILS:** €130. THE GLOSS readers receive one free session for every course of three booked.

HOW TO DO: molten metals

From Prada to Valentino, the catwalks were shimmering with metallics for spring/summer. Try a streak of Max Factor's **SILVER STORM** (€7.99) on eyelids for some drama, or **FLASHBACK SILVER** from L'ORÉAL's moody Color Infallible range (€10.79), which also features black and midnight blue. YSL's new **PURE CHROMATICS** eye colours (€53), meanwhile, can create two different looks: use dry for a satin finish, or wet for a stronger statement. Choose from six different palettes of four shades: we love Harmony No 5, with its smoky pink and greys. Metallic is a trend that's staying right through to winter: at the Dries van Noten autumn/winter show, Chanel's Creative Director Peter Philips went for "a touch of gold on a quiet face" using an intense gold eyeliner. While we wait for that to appear on counters, on August 19, we will use the **IRON GODDESS METALLIC EYE PENCIL** (€1.79) from pharmacy brand Essence, or Marks & Spencer's excellent long-wear **ESSENTIAL COLOURS LIQUID EYELINER** (€4.75). For a flash of molten metal on nails, try Nars' **FULL METAL JACKET** (€15.55), a sleek gunmetal grey (at narscosmetics.co.uk).



"This Month I'll Use ..."



FIONA O'SHAUGHNESSY, actress, starring in *Cat on a Hot Tin Roof* at *The Gate Theatre*, talks beauty ...



"TO BE HONEST, I keep things really simple. At the moment I'm just using a tiny bit of Elizabeth Arden Eight Hour Cream on my face - I love the slightly medicated smell. Or perhaps some Eucerin cream. I really like Elemental Herbology's gentle Biodynamic Facial Soufflé. And Seavite, a Galway company, does an excellent seaweed mask - it makes me feel like I'm part of the west of Ireland wherever I am in the world. I use E'SPA Fitness Body Oil religiously before going on stage - it really prevents tense muscle pain. ScreenFace and MAC are both good for stage make-up. I have to wear tons of make-up on stage and it's really tough on your skin, so I don't wear much otherwise. To be honest, I think the only way to have good skin is to drink as much water as you can. I have pale skin, so try to use Esthederm facial sunblock. I don't wear perfume; instead I love aromatherapy oils, like Trilogy Rosehip Oil. A few years ago I was staying in Wicklow and decided on impulse to get my hair all cut off at Bridget's (Rathdrum, 0404 46167) - and I got more compliments on that haircut than any other. I use Avalon Lavender Shampoo with a Pantene conditioner like Ice Shine. I also love VO5 Hot Oil treatment: it's very 1980s, but it works. I'm not a gym person: I walk everywhere, I cycle - but what I really love is dancing. This morning I danced for a couple of hours. It keeps me sane." *Cat on a Hot Tin Roof* is at *The Gate Theatre* until June 11; call 01 874 4045

FIONA'S BEAUTY BILL

- Elizabeth Arden Eight Hour Cream €21
 - Eucerin Replenishing Day Cream €13.94
 - Elemental Herbology Biodynamic Facial Soufflé €50
 - Seavite Purifying Organic Seaweed Face Mask €14
 - Trilogy Certified Organic Rosehip Oil €19.95
 - E'SPA Fitness Body Oil €46
 - MAC Pro Long-Wear Foundation €25.95
 - Institut Esthederm Photo-Reverse Facial Sunblock €64
 - Avalon Organics Nourishing Lavender Shampoo €6.44
 - Pantene Ice Shine conditioner €4.99
 - VO5 Hot Oil €2.65
 - The Body Shop Hemp Body Butter €5.76
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- Total: €274.68

CATWALK to COUNTER

"A woman's scent is her signature, often leaving more of a lasting impression than a given outfit she chooses to wear," says Narciso Rodriguez.

His **Essence Eau de Musc** (from €49, at Brown Thomas) comes in a heavy mirrored glass bottle, like an exquisite weapon - and yet the scent is incredibly light: as the designer puts it, "fresh, weightless and sexy". Perfect for spring, then, with top notes of citrus and powdery iris. Another gorgeous bottle is Stella McCartney's new **Sheer Stella** (€60), a limited edition that hits a light note, with crisp apple, lemon and Bulgarian rose, and a heart of peony and roses. **Flora by Gucci Eau Fraiche** (€59, at The Perfume Shop) is a younger take on the original 2009 **Flora**, with notes of pink pepper, peony, patchouli and rose, and a box inspired by a silk scarf created for Princess Grace.

