

CALGEL



beauty

YOU'VE GOT FORTY-FIVE MINUTES...

31 Give skinning bangs the fastest way we know to reinvent your look. A thick, choppy fringe gives you a cute effie look without losing length," says Gary France of Toni & Guy. The closer it gets to your eyeline, the more flattering it is. Use Toner Soothe Straightening Addict Smooth Gains, £1.50, or Label.M Style+Straight Spray, £8.50 (www.tonioguy.com), to keep it in check. For a chance to win a Toner Soothe bottle, call 0900 7524100* or text 100T 090010 to 87088**, or visit a retailer marked ON13110210***.



32 For a fast fix facial, choose a salon treatment that cuts the full 60-foot massage, no feathery back-patting in favour of hard-hitting masks, a thorough scrub and super-powered products. **WE LIKE** the 40-minute Clariso Face & Eyes Refresh, £30 (www.clariso.com).



33 A few eyelash extensions at either end has almost as much impact as the full set and lasts up to eight weeks. At £1 a lash, about 20 on each eye gives the best effect. (www.jmrylash.com).

36 Pamper your feet with a file or scrub when they're bone-dry, not wet from the shower or bath, says chiropract Margaret Dabbs. "Moisture makes the areas that need work, and makes skin soggy so you don't get enough friction." **WE LIKE** Vichy Karato-Reducing Scrub, £4.95, followed by Margaret Dabbs Intensive Treatment Foot Oil, £20 (www.margaretdabbs.co.uk).

34 Chipped nails will always let a good look down. Calgel Everlasting Gel Manicure, from £40 (0845 2301087), coats each nail with a fast-setting gel to create perfectly polished nails that last for at least four weeks.

...an-depositing shampoo can then your hair and your look - the longer you leave them on, the deeper. Guy Colour Reviver Shampoo: 100ml in five shades, from Pauline's Hair Stylist, £4.99 each.

39 A good old-fashioned bath is worth taking out. Instead of pouring your oils into the water, lie back and pour a capful over your chest, says facialist Anastasia Achilleos. The aromas will rise right under your nose. Instead of soaping away at the wrong end of the tub. **WE LIKE** Aromatherapy Associates Deep Relax Bath & Shower Oil, £30 (www.aromatherapyassociates.co.uk).



Nadira Body Oil Spray, £12.95.



your life? A cosmetic-counter consultation could well revolutionise the way you make up. **TRY** the back-to-basics masterclasses at Bobbi Brown (no charge, at counters nationwide; www.bobbibrown.co.uk).

40 Mend hair that's glossy as a sheer pony? Cool your roots in oil, says LA stylist Philip B. The plant extracts will plump dry and damaged locks. After half an hour, wash with a minty shampoo. **TRY** Philip B Rejuvenating Oil, £24.93 (www.spacenk.com), followed by Original Source Mint And Tea Tree Daily Refresh Shampoo, £1.49 (900ml). 

HOW TO ENTER: For your chance to win a prize, call the number given for the prize you want, text the relevant code with your name and address or send a postcard, clearly marked with the prize code for the prize you wish to enter, your name, address and phone number, to: PO Box 248, Haslingden, Rossendale BB4 0BN. The closing date is 1 October 2013. You can enter as many prize draws as you wish.

TERMS AND CONDITIONS: *Calls over 10p per minute from BT landlines and should last no longer than two minutes. Calls from mobiles and pay-as-you-go may be higher. Lines closed at midnight on 1 October 2013. **Text message will incur a charge at £1.50 per text. Competition is open to all UK residents. Normal refresh messages apply. ***Depending on the contact details you give us, The National Magazine Company Ltd, directly via its agents, may mail, email, SMS or otherwise offer, promote and/or services relating to your preferences. If you don't want offers for us or other parties, please write 'No offers' to the postal-based part of your postcard, or text 'no offers' when you enter your prize. For our data policy, see www.dailymail.co.uk. See Article page 6 of 2013 Privacy Notice for full terms and conditions.

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