

MAGAZINE

Real beauty Sarah Vine

The face in the mirror

Angie, 22

I have had the same make-up routine for a while, so I'm keen to try some colour for summer. Can you suggest some eye and lip colours for me?



Want to receive a free beauty goody bag? Send your query, along with a picture of yourself and your name and address, to Sarah Vine, The Times, 1 Pennington Street, London E98 1TT, or sarah.vine@thetimes.co.uk. If your question is published, we will send you a selection of beauty treats*

SARAH SAYS: I asked Lauren Hersheson, make-up artist at Daniel Hersheson (020-7434 1747), for tips on refreshing your make-up. The first thing she remarked on were your "really beautiful" blue eyes – but in her view they are being dulled by an overpowering black eyeliner and dark eye shadow. Try using a contrasting colour and pair it with a warmer shade in the same palette: for example, a coral and a brown. For evening, Lauren suggests MAC eye shadow in Paradisco paired with Corduroy (both £9.79; www.maccosmetics.co.uk). To make the eyes appear larger, use a brown eyeliner on the outside corners, such as Chanel's (£16.50; 020-7493 3836).

Next, take a large brush, such as Giorgio Armani's Eye Contour brush (£26; 020-7235 5000), and blend a medium colour – Trish McEvoy's eye shadow in Tawny (£11; 020-7235 5000), for example: a versatile shade that flatters most complexions – into the crease.

In terms of the lips, coral colours work beautifully too, but you might prefer to use something with a sheer texture for the day. I like Barbarella by Nars (£17, from www.narscosmetics.co.uk).

Token male Luke Leitch



Each week a load of expensive face creams land on my desk, promising to banish dark circles or reveal your 'invisible beauty'

Acupuncture – according to a reputable scientific study of 638 lumbago sufferers published this month – really works. Patients given the treatment reported a "substantial" improvement in their condition. Yet the same study showed that "simulated acupuncture" – patients were jabbed with toothpicks that felt like needles, but weren't – was as effective as the real thing. So what acupuncturists should celebrate is not the power of chi, or whatever, but the credulousness of their punters.

Each week a load of expensive face creams/ eye gels, etc, land on my desk, all of them wrapped in outrageous promises. Various, these unguents claim the power to banish the dark circles under your eyes, transform your skin into that of a much younger man, reveal your "invisible beauty" (my favourite) and generally change you into an irresistible male.

I don't believe them. And because I don't pay for this stuff, either, I hope to be pretty much immune to placebo's magic powers.

For ten days I've been dousing my forehead in Deep Wrinkle Combat Gel by a company called manceuticals (www.manceuticals.co.uk). It claims to be an "alternative to anti-ageing injections", and particularly effective at getting rid of the deepest wrinkles, like that bizarre "W" Tony Blair ended up with etched on his brow. I didn't read the bumf, and I didn't register the price (eye-wateringly, it's £92) before three days ago. But then a colleague asked me if I'd had Botox, as one other person has since. I'm not quite as convinced of the effect as they are – but apparently it works. ■

tokenmale@thetimes.co.uk

TAKE ONE PROBLEM: Fake tan disasters

Cash	Credit card	Mortgage
 <p>Combine lemon juice with table salt and rub gently into areas of dodgy fake tan.</p>	 <p>St Tropez's Self-Tan Remover (£15; www.st-tropez.com) uses eucalyptus oil and polyethylene beads to remove the problem.</p>	 <p>Avoid disaster in the first place with a professional application of Fantasy Tan. Try Susie Lung in London (£45; 07957 771503).</p>