

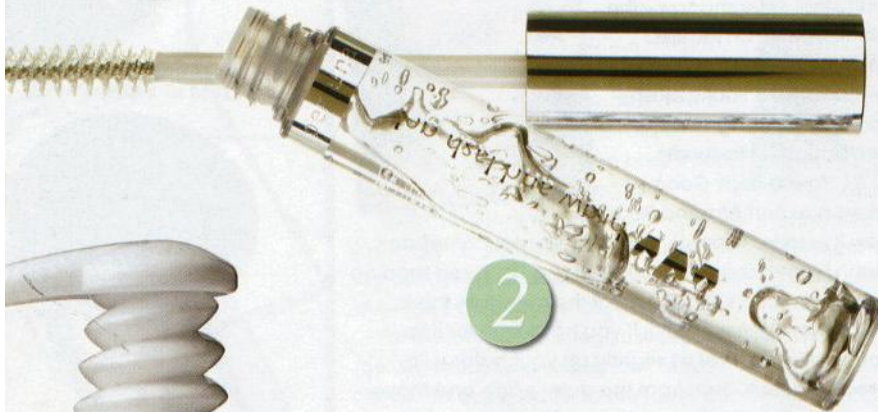


# Beautique

Editor **Sarah Hedley** sheds light on this month's new health and beauty buys



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This month I'm campaigning to bring back eyebrows. Despite the trend for a fuller brow being well and truly reinstated for some time now, I've noticed several painfully plucked brows on show. Why bother? Hair removal is the bane of many women's lives; any excuse to sack it off should be embraced with open arms. To weather the unpleasant brow regrowth period, use an eyebrow pencil to shade in stubbly patches, but beware overly dark shades. The look you're going for should be less Meg Matthews and more Keira Knightley. **Autograph's Eyebrow Pencils (1, £7.50, M&S)** are brilliant for all skin and hair tones as they come in the softer shades of Sable and Walnut, as well as Bitter Chocolate.

If your fully-grown brows are a little unruly, add **Per Una Brow and Lash Gel (2, £5, M&S)** to your shopping list – one sweep of the clear gel will keep them firmly in their place.

While we're on the subject of hair, you may have noticed new haircare range Tara Smith on the shelves. The celebrity stylist's products – "tested on film stars, not on animals" – are free from parabens, artificial colourings and fragrances, and packed with organic, Vegan Society-approved nutrients. The wholesome and heady **Tara Smith Base Coat Serum (3 £4.99, Tesco)** smells like a therapeutic trip to the spa, and primes damp hair with borage oil. Perfect for taming frizzy curls.

Another new discovery I've made is **Zap-it (4, £15.95, TheFaceandBodyClinic.co.uk)**. Unlike all other on-the-spot treatments I've tried, which dry the skin with harsh chemicals, this formula combines natural enzymes and anti-microbials to gently unblock a pore where a spot is forming, leaving surrounding skin undamaged. A must-have for handling mini-breakouts.

Finally, anyone for tea? Green tea, that is. We're all aware of the health benefits this free radical-fighting stuff provides, but we're not all sold on the taste, so supplement range Teavigo have created **Pure & Natural Green Tea Extract (5)** in pastille, tablet and 'stick' (powdered drink) form. The packaging is among the most stylish I've seen on a health supplement, but these products aren't cheap; the grapefruit-flavoured pastilles can be popped like sweets and cost £4 for a tube of 25; the tablets are to be taken twice a day and cost £20 for 60; while the apple and lemon-flavoured powdered drinks cost £12 for 15 and two to three a day are recommended. Suddenly the taste of green tea doesn't seem quite so bitter...