

Red

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**KATIE
HOLMES**
LEARNING
TO THRIVE

NEW YEAR
HAPPIER
FITTER *YOU*

FASHION | SHOPPING | BEAUTY | FOOD | HOMES | TRAVEL | HEALTH



FILL A ROOM

It's a luxury problem, but Brit style maven Charlotte Stockdale has solved the dilemma of scenting a hotel room without a candle. Her new travel range for Jo Malone features a fragrance-infused disk that smells of hedgerows (Box Hedge Square Scent, £40). It was just the ticket for the musty Paris hotel room I stayed in last month.

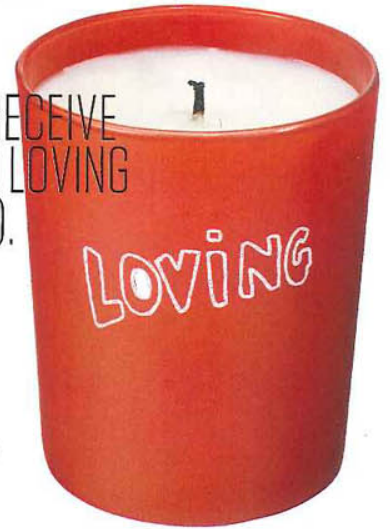


PRO TIP

'Lancôme Contour Pro lip liner in Beige Rosé (£18) delivers fullness and finish to lips without looking done – perfect for spring's "barely there" mood.'

Alex Babsky, celebrity make-up artist

SOMEONE'S HEART WILL BEAT A LITTLE FASTER WHEN THEY RECEIVE THIS HEADY, TUBEROSE-LACED LOVING CANDLE BY BELLA FREUD (£38).



BEAUTY NOTEBOOK



3 PICK-ME-UPS FOR WINTER SKIN

1 The treatment:

Aveda Enbrightenment Brightening Intensive Massage Masque, £42. Take time to massage in this luxe-y mask. It really revives skin.

2 The quick fix: Olay Regenerist Luminous Dark Circle Correcting Swirl, £29.99. Instantly smooths and brightens the eye area – pat the excess on to temples and cheeks.

3 The colour hit: By Terry Terrybly Deniliss Blush, £52. A soft, easy sweep of colour (loaded with skincare goodness) whenever you need it.

MUST-HAVE

They're often saved for summer, but Atkinsons 24 Old Bond Street Triple Extract EDC (£85 for 50ml) is enticingly warm and spicy, making it the perfect winter cologne. It lasts well and is rather fortifying, plus I love the stout glass bottle. If a cold-weather tonic sounds like just the thing, treat yourself to this.



It's genius!

Throw **Kérastase Elixir Ultime Serum Solide (£22)** into your bag for frizz taming (and shine enhancing) on the fly.



THE BEAUTY INSIDER

by *Annabel Meggeson*



The writer Nora Ephron once said our faces are lies and our necks are the truth. In my case, it's my scalp that's the truth. At the first sign of stress or neglect, froomph! It explodes into a mass of scales and flakes. A few rounds of Head & Shoulders can normally set things straight, but this time the scales are turning to scabs and I need something more. Philip Kingsley is the oldest trichologist in town - he tended Audrey Hepburn's scalp and coined the phrase 'bad hair day' - so I turn to him in a plea for one of his treatments. My scalp is cleansed, massaged, exfoliated and steamed, and my hair given a hefty dose of Philip Kingsley Elasticizer (£28), a brilliant hair mask that strengthens strands that have been on the receiving end of poorly follicles. It's like a facial for my head and I leave the clinic silky of hair and clearer of scalp - and marginally clearer of mind, as well. *Philip Kingsley scalp treatments cost from £78; philipkingsley.co.uk*

This month, I have been...

FEEDING dry winter skin with **Voya's Angelicus Serratus Body Oil (£32)**; **KEEPING** lips soft for **Valentine's Day** with **Willow Organic Glossy Rose Lip Balm (£12)**; **INHALING** nosefuls of **Pommade Divine (£19.80)**, a cinnamon-infused cure-all balm.