

Beauty Goss!

Regain a flawless complexion

The sun's rays, pregnancy, certain medication, hormones and stress all affect the skin, especially darker Asian and Arab skin, which is prone to dark patches and uneven pigmentation marks. The Lightenex Skin Care Routine from the UK, with its combination of naturally derived ingredients such as liquorice, kiwi, and citrus peel extract, lightens your skin gently and effectively, and evens out dark patches whilst providing full sun protection. Aloe and glycerin ensure your skin remains perfectly moisturised. The range of products, designed to be used both morning and evening, consists of a Face Cream, Face Mask, Face Scrub and Toner. After eight weeks your complexion will look fresher, brighter and more radiant. People will wonder what your secret is! Available from any branch of Nasser Pharmacy or log onto www.PharmaClinix.com for further information.



A Chanel Classic Revisited

In homage to their classic Tweed Suit, Chanel have launched a Les Tissages de Chanel, the company's latest collection of blushes. Threaded with slivers of silver and gold they are a mix of matte and shimmer. Inspired by classic Coco Tweed, each of the four Les Tissages blushes look like little works of art set in classic black Chanel compacts. Available in Tweed Pink, a pale pink with shimmery silver; Tweed Rose, rose with shimmery gold and silver; Tweed Corail, peachy with gold and Tweed Ambre, red brown with shimmer. Not exactly, shimmer and not quite matte, these exquisite blushes fall somewhere in betweenlights around the eyes.

Black Beauty

Black is beautiful, deep and mysterious, just like a woman. And mystery can be best spelt through dark smoky eyes. Realising this, Chanel have launched its Exceptionnel De Chanel range - a smoky eye palette defined by a volumising and curling mascara, an eye liner pen, and stunning black shadows. The smoky look is further accentuated by tiny hints of pearl, like little silver lights around the eyes.



From age comes beauty

L'Oréal Professionnel has introduced Colour Supreme. Inspired by the belief that every woman aspires to beauty, Colour Supreme is the first age-defying hair colour formula specifically designed for women with 80% white hair or more. Colour Supreme's dual-action technology offers perfect grey hair coverage, giving your hair a natural and harmonious colour, and stronger and denser hair. Regular application also adds volume to your hair with a multi-tonal result, giving you a natural young-looking result.

All products are available at leading department stores, unless otherwise stated.

Fighting the signs of aging

Launched in 2006, the Capture Totale line revolutionised global anti-ageing skincare. Targeting every parameter of skin ageing, it acts on all signs of ageing, both on the surface of the skin and deep within. Today the line combines global anti-ageing care with intense nutrition in Capture Totale Haute Nutrition. The line consists of Multi Perfection Nurturing Oil Treatment, Rich Crème and Refirming Body Concentrate that leave dry, aged skin looking younger and healthier.



Getting the basic right

Streaky foundation, bleeding lipstick and running mascara with eye shadow: in other words, panda eyes. No, it's not a bad dream, just the end of an ordinary day. Makeup can be a woman's best friend or her worst enemy. To avoid a Halloween-style look at the end of the day, Sephora is launching a new range of complementary products that prepare, smooth, transform, enhance, set, make last and improve makeup application and wear.

Good workers need good tools, and Sephora is launching (count them) 29 brushes in its professional range to help you avoid touch-ups that look like they have been applied with a trowel. The range also includes foundations and bases, fixers, finishes and everything else you need to get the basics right; leaving you free to finish off with flare. Sephora is located at Seef Mall.

For Every Woman

Confidence, femininity, quiet strength and timeless grace; every woman defines sensuous in a different way. This month, Estée Lauder unveils Sensuous, a warm, inviting, woody amber fragrance that captures the many facets that make today's woman so complex and fascinating. To capture the essence of sensuality, Estée Lauder created a new fragrance category called Woody Amber., a melding of the sleek, modern, and sophisticated with the fluid, warm, inviting and distinctly feminine scents of wood.

The fragrance rich and mysterious, just like a woman, and pulses with warmth, luminosity and feminine passion.



The future now

For women who crave individual style, Wella Professionals has launched Couture Allure. Taking urban couture to the next level, Wella Professionals has reinterpreted artistic fashion to create sleek designs reflecting the charisma and assertive style of confident women the world over. Dense, saturated hues ranging from opaque black to pure white form the colour palette and the emphasis lies on new and structured volumes while the colour remains deep and tinted, to reflect the individual's chosen style and cut.



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A lighter rose

Introducing the perfect accessory - a youthful, new addition to the Valentino Rock'n Rose family of fragrances: Rock 'n Rose Pret a Porter, the new ready to wear fragrance for the innocent, elegant and provocative young fashionista who's ready for anything. Created with balmy sunny days and dusky evenings in mind, Rock 'n Rose Pret a Porter echoes the familiar accords found in the eponymous Rock 'n Rose fragrance family but is a lighter, summery, eau de toilette take on the original rose fantasy fragrance. The classic fusion of floral notes, fresh fruit and sensual notes remain, but blended this time with an extended rose accord to create the perfect sunshine accessory.



Earth, wind and fire

Wella is launching a new collection inspired by the earth's natural treasures: precious stones from opal and topaz to amethyst and gold. Mineral colours, because they occur naturally in the earth, never look artificial or false - they are stunningly natural, breathtaking, making them the perfect inspiration for hair. They are also flattering and easy to wear, because sunlight picks up on their depth of colour and subtle shine so beautifully. Shades to look out for are rich, deep reds, including the deep, coppery Melting Lava, the dark, sultry Smoky Quartz and the subtle, glistening Opal Dusk. The brown shade, Topaz Dawn is shot through with a dusky blonde, while the trend for blondes is warm and sunny, including the caramel-tinted Desert Rose. Each one is created to resonate the warmth, glimmer and shine of nature's inspiring minerals and the overall effect is subtle, sophisticated, chic and modern.

Everyday Beauty

Those clever souls at dermaglow +PEPTIDES anti-aging recommend a regime that they promise will leave you looking younger and healthier. Their range of products takes skin care to a different level by delivering an increase in skin thickness and reduction in wrinkle depth. The products help rejuvenate the skin and are clinically proven to reduce the appearance of fine lines, wrinkles, under-eye bags, and age spots. Their Advanced Foaming Cleanser deals with the basics, and leaves skin gently cleansed, moisturised and make-up and impurities vanish. The Instant Lip Gloss Plumper makes lips irresistible while instantly improving moisture by up to 60 per cent and increasing volume by up to 40 percent. Finally the Moisture Cream SPF 30 is a perfect combination of hydration and sun protection to happily enjoy the sun!



Don't hide it!

Oscar Wilde was known to say that there was nothing as absolutely indispensable as an accessory. CH Purse Spray is an accessory for you and your perfume. A small piece of design, a tasteful detail, a touch of distinction you can take wherever you go. CH Purse Spray is a reinterpretation of the more elegant ways of carrying a perfume; a tribute to the accessories used by history's most refined personalities, who wanted to keep their fragrance close at hand and use their lifestyle to set trends. Wherever you decide to carry it, once sprayed, enjoy top notes of citric, cheerful freshness, followed later on by more floral notes: Damask rose, Arabian jasmine and the sweetness of praline, giving it a touch of femininity. The deep-set bottom notes are the last to come out: woods, a touch of leather and amber reminiscent of luxury craftwork, the taste for detail and things done right.

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Le Mascara Exceptionnel De Chanel

A dream mascara is one that is volumising, curling and lasting. Exceptionnel, the new mascara by Chanel achieves these three feats in perfect harmony. The combination of a sculptvolume comb and brush allows for unprecedented, fine-tuned application. The brushes apply and distribute the formula generously, while the combs take colour over each lash and reveal ideal curves. The volume and curl effects are instantaneous. The results: Your lashes gain density, length and curl making your eyes look bigger and more intense.



Ed the Guinea Pig is back! One of my many roles within Arabian Magazines is chief sampler and am I pleased that I volunteered my services this time by sampling this new mascara. Need I say more than I have been accused by three different people of wearing fake lashes after applying Le Mascara Exceptionnel!



Chic & Glam!

How can you stay at the height of fashion when midnight rings out during festive December? By accessorizing your most glamorous outfit with this season's most on-trend item that slips into your hand to add that ultimate stylish touch: the purse.

Decorated with sequins, each comes in one of the three hot shades for this holiday season - gold, black or silver and contains a different, complete make-up palette presented in a chic, take-anywhere case. Each palette features 3 eye shadows, 2 lip glosses, 1 mascara and 1 compact powder, along with their essential accessories: 1 sponge, 1 eye brush, 1 lip brush and of course a mirror. Available from leading beauty outlets.



Vavavoom!

Last month saw the opening of Vavavoom in the City Centre. The newly opened mega store stocks over eighty international beauty brands from around the world. All sales staff have been fully trained to advise customers on which brands are suitable for their skin types and why. The store also includes beauty room facilities for make-overs, specialist spa treatments and nail stations to help keep us ladies looking lush! Male grooming products are also on offer.



Banish knots forever...

Weather conditions, water, diet, and lifestyle, all these factors have an impact on the state of our crowning glory – our hair. Dryness in hair makes it unkempt, brittle and rough and also causes it to tangle in knots and snarls. It is unmanageable and hard to comb. Fortunately, Livon has come to the rescue with Livon Silky Potion, a non-greasy, easy-spreading hair fluid with a silicon based formula which instantly smoothes and softens the cuticles of the hair, making it soft, shiny, bouncy and manageable. This clever formula, fortified with Vitamin E, also removes build-up and prevents dryness, whilst imparting a much needed dose of moisture. If your hair is not only dry and tangled, but coloured too, opt for Livon Silky Hues, which will care gently for your hair whilst ensuring the colour doesn't fade.



QUICK BEAUTY BOOSTERS: Enhance your smile: Tooth whitening or veneers can create dramatic results and make you feel more confident.



It's official: Hollywood loves Palmer's

Eva Mendes, the drop dead gorgeous actress, and representative for L'Oreal announced last month that her two must-have beauty essentials are Palmer's 100% per cent coco butter formula moisturizer and sleep!



Geisha facial, the 'latest beauty secret' of the stars

New York's women take their beauty seriously. Their efforts to stop the hands of time and make the most of their looks are awe-inspiring; with electrolysis, teeth whitening, lymphatic massage, blow dries, manicures, pedicures, brow shaping, facials, and body scrubs all featuring regularly in their regimes. They've even made botox and laser peels seem like the norm.

So it comes as no surprise that they have been quick to embrace the latest magic, beauty enhancing ingredient: nightingale droppings. Japanese geishas, who are renowned for their clear, porcelain-like complexions, have used the bird excrement for centuries as a cleanser - but now a spa in New York has brought it to the masses. The nightingale is considered a symbol of beauty in Japan.

The "geisha facial", even boasts Victoria Beckham as a fan. She has famously struggled with acne which is one of the reasons this facial has come about. The make-up that the Geisha wore used to be so heavy and difficult to remove that a lot of them became very sick or even died from lead poisoning. Unfortunately the treatment is currently not available in Bahrain... but we wonder for how long as it is claimed that the skin looks extraordinarily healthy and bright after a treatment.

For more information contact, www.shizukany.com or Tel: 001 212 644 7400.



Plucked too many times?

If the answer is yes, well fret not, as transplants for eye brows are now available if you have been a little tweezer happy.

Eyebrows are the subject of endless folklore. However, only one such old wives' tale is true: if you overpluck your eyebrows, they will never grow back. Pioneered in the US, and previously used to help burns victims, eyebrow transplants are now taking off around the world for cosmetic purposes.

During the procedure, the back of the head is shaved and follicles extracted which are then implanted (350 hairs for each brow) in small incisions above the eye to create the new brow, with holes angled to determine the way the hair should grow. Over the following month the new hair will fall out but regrow from the follicle two months later.

This is not a "lunch-hour" procedure. All minor surgeries can result in bruising and ideally you'd take a week off after this one. The cost for such a procedure in the UK is around £2,000 to £2,500, and will make you popular at parties, since the implanted hairs, not realising they are no longer on the back of your head, continue to grow. Strict grooming is necessary. The brows of Brooke Shields, Catherine Zeta-Jones and Angelina Jolie are what most women want to emulate, while Tom Selleck inspires brow-envy in men.

Each month for the next 25 issues the beauty team is going to pass on a tip to help you look 10 years younger

And believe it or not, number one is...

Swimming!
 There is nothing more invigorating than plunging into cool water. Swimming can make people feel childlike - in a good way. It puts you right in the present and you somehow emerge without any worries. Well gals, that's not from us but the experts. So how many times have you chucked yourself in the pool this summer? Think about it, as we've only got a couple of weeks left before the water becomes too cold!



Home Spa

Home Spa
 Lock the kids and husband up or pack them off to the cinema. Fill your bathroom with candles - obviously being careful where you place them, so you don't burn the house down - and concoct this great little potion for broken capillaries or spider veins. It is particularly helpful for those that are especially noticeable on the cheeks and decollete.

Face oil for broken capillaries

- 30ml (2 tbspn) rose masqueta oil
- 10ml (1 dspn) argan oil
- 2 capsules borage oil
- 2 capsules wheatgerm oil
- 6 drops essential oil of parsley
- 2 drops essential oil of chamomile, violet leaves or orange

Mix in a 50ml bottle and gently apply to the face after cleansing, preferably in the morning. After ten minutes, remove any surplus oil with a tissue. To avoid any chance of a reaction please do a skin patch test 24 hrs before use. The face oil will keep for two to three months.

Other ways to help reduce the appearance of broken skin
 Avoid hot baths and showers, hot facials and the sun, as these cause the capillaries to dilate and look even worse. Increase Vitamin C in your diet, and rutin (found in the pith of citrus fruits). Both are extremely good for strengthening the walls of veins. Parsley is a particularly effective essential oil to use as it slows down the spread of broken capillaries and reduces their appearance.

Finally, picture of the month.



Do you think Eva Green has had too much botox? Seen here as she attended the premiere of her new film, Franklyn with her co-star Sam Reilly.