



## LEARN TO GIVE A FIG

CAROLINE SCOTT goes from low maintenance to high

### COOLING OFF PERIOD

**GULP:** Too much sun ... or sangria? Whatever the cause, in a hot climate, skin can feel thirsty, sore and sweaty, all at the same time. These moisturisers are fit to burst with super-soothing, hydrating ingredients.

**HOT IN THE CITY:** Clarins **HYDRAQUENCH COOLING CREAM-GEL** (€47). An oil-free, mattifying texture makes this a safe bet for greasy types. Hyaluronic acid helps loosen up tight, city-stressed skin while a floral fragrance completes the all-round sense of comfort.

**DUSK TO DAWN:** Clinique **MOISTURE SURGE EXTENDED THIRST RELIEF** (€43.50). Updated, and now even more refreshing, this long-wearing formula hydrates for a full twelve hours. Sugar-derived ingredients help skin weather all manner of climate change.

**SUMMER NIGHTS:** MAC **MOISTURELUSH** (€34.50). Ridiculously rich, a silky smooth finish creates a soft, luminous cushion for make-up. Lush, indeed.

**FEET FIRST** In the days before jetting off, plans for myriad treatments fall by the wayside. If you've only time for one, take care of your tootsies. Gone are the days when pretty coloured toenails were all we wished for - today's pedicures are more concerned with the health of the feet,

### Tips for the Beauty Bumbler ... BEACH BEAUTIFUL

"Just because you're peeling off your clothes it doesn't mean your face should go bare too!" says The Gloss Creative Artist Christine Lucignano. "A few waterproof items are essential. I LOVE Urban Decay 24/7 Glide-On Eye Pencils (€14), in seriously HOT shades that stay creamy long enough to be blended all over the lid, like a shadow. Australian beach brand Becca has the beach vibe down pat: Beach Tint (€22) is a sheer, blendable stain for cheeks and lips, and completely waterproof. And its Ultimate Mascara (€18) scores top points for slickening and separating - full lashes are so alluring in the water."



which is why skincare brands like Murad now offer rigorous pedicures alongside facials and body treatments, using the same restorative, firming formulas on the feet. Try a Murad Hollywood Walk of Fame Pedicure (€65, 1 hour) or Manhattan Beach Feet Pedicure (45 mins, €55) at Oceana Health & Beauty Clinic in Malahide (01 828 3901) or Mink, in Donnybrook and Ballsbridge. For the uninitiated, Mink Ballsbridge (left) has the biggest pedicure room in the country, frequently filled with gossiping girlfriends. "All rather *Super Sweet Sixteen*", was how the lady in the chair next to me summed it up (01 636 2100).