

ALL SMILES

Planning a big day out? **Triona McCarthy** has some tips and tricks to ensure you look beautiful in person — and in the happy snaps



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a non-thickening mascara such as Clinique Lash Power Long Wearing Formula, below left, €19. On cheeks, try Prescriptives Blush More or Less Creamy Cheek Color, top right, €19. It blends effortlessly to give cheeks a soft veil of colour. Then, sweep Elizabeth Arden's Sun Goddess Bronzing Powder, right, €33, onto décolletage and shoulders.

Line and fill lips with a nude pencil, then apply lippy. Be sure to bring lipstick and lip liner for touch-ups. It is also helpful to carry MAC's Studio Fix compact, above middle, €34, to buff or smooth any aspect of your make-up.

letting her skin breathe. If you have nothing to do, go without make-up and drink a lot of water to help your skin.



FIT TO DAZZLE

One of my own favourite sayings is: "Always have good shoes and a good bed, because if you're not in one, you're in the other!"

Well, the ole bed is grand, so I've just gone and got me a pair of the fab Fit Flops — you know, the flip flop with a built-in gym!

Every step you take in them helps tone and trim your legs, so you get a workout while you walk.

I had a pair of the sporty-looking ones last year, which were lovely and all, but now I've gone and got the black sequinned sparkly ones and I've



barely taken them off at all. I'm a bit of an 'all-day party' girl, so sparkles the morning after the night before is fine with me. The sequinned ones also come in sexy silver and glamorous gold, above, €75. Available from Brazil Body in the Powerscourt Town Centre, D2, tel (01) 674-5916

SURF STYLE

Now, one of my mum Margaret's favourite sayings is: "What you've got, you've got to look after." So, forever grateful I have good hair, I always look after it with quality hair-care products.

As you know, I'm a big fan of the Bumble and Bumble range available from Peter Mark. I have told you before about its brilliant Hair Powder, €39.50, an absolute lifesaver when you

need a colour and a hair wash, but don't have time.

Now I've discovered its Surf Spray, right, €23.50. This is great for when I've washed my hair, but it's so clean it's flat on my head and flyaway at the same time. Surf Spray gives it that much-needed life and body, yet tames frizz and flyaways.

Work through damp or dry hair. The seaweed extract helps retain moisture, while the wheat protein helps repair environmental and chemical damage.



CULT PRODUCT

In the current climate of recession, I'm all about being a 'recessionista'.

Great make-up brushes don't need to cost a fortune, but they should certainly be durable and easy to use. Beauty Strokes has certainly grasped this theory and has developed a range to help you achieve expert results.

The Beauty Strokes Crease Definer Brush, €8.95, is all you need to create sexy summer eyes. This brush is

rounded and it gently, but accurately, applies shadow to the eye crease. For the most dramatic look, start by applying the colour to the outer crease and gently brush colour towards the inner eye corner following the natural contour. The flexible hairs allow you to brush the shadow back and forth in the eye crease for maximum colour blending. Available in pharmacies and department stores

TRIONA'S MOST WANTED

If my feet were a nursery rhyme, then this little piggy would get squished into my too-tight high heels, this little piggy would get stubbed and this little piggy would squeal, "Ow, ow, ow!"

Here's a better idea — why not take a trip to Mink Hand and Foot Spa, which has opened a new flagship store in Ballsbridge, below. As Mink has the capacity to

cater for 20 clients at a time, it's ideal for corporate days and wedding parties.

The yummy-sounding White Chocolate Pedicure, €75, is nothing short of sheer luxury. In just a short time, my feet were singing, "Oui, oui, oui" all the way home. Mink Hand and Foot Spa, Unit 3, The Oval, Shelbourne Rd, D4, tel: (01) 636-2100, or see www.mink.ie

