



TATLER
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Beauty is in the eye of... Antonia Whyatt

BLANK CANVAS

I'm a sucker for an art party. Say Frieze, Zoo or White Cube and I'm there faster than a Hirst butterfly. So many handsome men, and the only females worth competing with are hung on the walls. One problem: the lighting is designed to enhance paintings, not people. To get my skin in picture-perfect condition I dipped into some kits and masks that are perfect for scouring away the excesses of 2006. **Natura Bisse Glyco Peeling Plus 50%**, is a six-week exfoliating programme that takes off dead skin and treats imperfections and fine lines. **RoC Renewex Micro-Peel Renovator Mask, £20**, uses extracts from mushrooms that mimic skin to increase cell turnover. Plump up grey winterskin with **Parelogical Age-Defying Face Mask, £45**; collagen and sea-fennel extract firms and reduces fine lines. Top derm **Dennis Gross's MD Skincare Intense Hydra Mask, £51**, contains skin-plumping hyaluronic acid, antioxidants and collagen-stimulating ingredients. For immediate abso-lution, **Liquid Ice's Ice Mask, £50**, cools skin, reduces inflammation, tightens facial tissue and moisturises by up to 500 per cent. Give hair shine with **L'Oréal's Lumino Contrast Radiance Shampoo, £9**. If your other half is looking a bit grey, slip him some chic but masculine **Dior Homme Smoothing Revitalizing Serum, £30**.

LET'S DO LESS LUNCH

If you really want to lose weight you may have to lose some friends, too. According to food psychologists Dr Wansink of Cornell University, the amount we eat can go up or down by 20 per cent depending on who we eat with. This is partly because our bodies don't have any real idea what a 'normal amount' is, so we look around for visual cues. Wansink has come up with a few tips for mindful eating, which may help you lose up to 10 pounds without having to dump your 'insat and too veg' mates: don't eat from a packet – take out the portion you want; wrap any tempting food in foil so you can't see it; put high-calorie foods on your plate in the kitchen rather than leaving them in full view on the table in front of you; and, most important of all, when you're in a restaurant, sit next to the person you think will be the slowest eater and make sure you're the last one to start eating.

Overheard...

'One of the first tips I was given on set in LA was to line the inside of my upper lashes with a liquid liner that's the same colour as my mascara. It's undetectable and makes lashes look ultra thick.' Thandie Newton

BEAUTY TABOO

Yup, we've all had those moments – that absolute fear that you haven't just got coffee breath but halitosis. If you suspect your breath is not as pure as your mind, there are now safe havens where you can find out without suffering the humiliation of asking a loved one. Lund Osler Dental Clinic (tel: 020 7838 8969) and Clapham Cosmetic Dentists (tel: 020 7622 5333) offer Fresh Breath Makeovers, where they test for volatile sulphur compounds (the nasty stuff that truly makes your breath smell), do a thorough tongue-and-tooth cleaning and give you

products to stop sulphuric bacteria coming back. Bad breath can be caused by a dry mouth (saliva and water flush away bacteria), but it sometimes points to gum disease, diabetes or kidney, lung or stomach problems (one side effect of the Atkins diet is bad breath). I saw cosmetic dentist Dr Monica Bijani (tel: 020 7323 4441), who says that having an oral health exam by a dentist, rather than a hygienist, is really important: the mouth is the first place diseases like cancer manifest themselves and dentists are trained to spot them. Open wide.

