

help!

Got a beauty question you need answering?



Think about it.

I NEED WEDDING MAKE-UP ADVICE

I want a glam look for my big day, but can't afford a make-up artist. Where can I get some help?

Anne Cole, Oxford
Estée Lauder's Bridal Programme is fantastic. You'll be advised on colours and products to suit your skintone and taught how to apply them for a lasting result. Call 01730 232 566 for more details.

'Have a few trial runs beforehand', says make-up artist Barbara Daly. 'And get a friend to take some photos of you – what you see in the mirror can look different in a picture.'

AM I ALLERGIC TO MY SHAMPOO?

I've got an itchy rash all round my hairline and down my neck. Do you think I'm allergic to my shampoo?

Polly Brown, London
Philip Kingsley, trichologist guru to the stars says: 'It's possible to suddenly become sensitive to your usual shampoo and conditioner'. We say: use products to calm and soothe the skin. Try Philip Kingsley Flaky Itchy Shampoo, £16, and Flaky Itchy Scalp Tonic, £4.75. If the irritation persists, visit your doctor who should be able to prescribe medication.

I WANT TO CHANGE MY HAIR COLOUR

How easy is it for me to go from blonde to dark? I love Charlize Theron's new look.

Julia White, Essex
'Changing your hair colour depends on skintone', says Alyn Waterman, hair stylist on TV series *Footballers' Wives*. 'I always try out wigs on the actresses to see what suits their complexion. John Lewis has a great selection'. When you're having a drastic new colour it pays to go to a salon. 'A professional colourist will mix up the exact shade to suit your skin and hair type', says Alyn.

HOW CAN I GET PERFECT BROWS?

My eyebrows need grooming, but I'm rubbish at using tweezers and always give up halfway through. Is there an alternative I can try?

Jane McBride, Norfolk
It's probably the ouch factor you get when plucking each hair out individually that makes you hate using tweezers. Why not try Wax Away Eyebrow Shapers (£2.49 for 21 strips)? Just put the eyebrow-shaped wax strip in place, then whip it off, removing all the hair in one go. You'll be left with perfectly groomed brows in double quick time.

Beauty newsflash! Acrylic nails (yes, the squared-off, white-tipped talons) are soooo over. A shorter, rounder shape is the manicure ideal. Good thing, too: those acrylics can leave your nails weak and brittle. Ask at your salon about Calgel Nail System (around £20) instead. It's an organic, non-toxic gel in over 60 shades that's painted onto the nail. Once it's dried under a UV light for three minutes, the gel turns into a protective, hard-wearing 'veneer'. Perfect for weak nails and those who want a long-lasting manicure. Call 01727 874 379 for your nearest salon.