

# BEAUTY TO ADD A LITTLE SPARKLE

By ZOE BURN

DAZZLE in style this summer, with bright and shimmering cosmetics to make you shine like a star. Mix and match this season's newest bronzers with the latest in make-up shades to add a little sparkle into the long summer nights.

▶ GIVE your skin an all-over sun-kissed look with a good quality bronzer. Illamasqua's new Powdered Metals, £22, is a range which give an intense radiance. Available in three shades, these are perhaps the best we've found in a long time. Applied with a brush or the puff provided, a small amount will give you a lovely subtle sheen, or go big to create an amazing metallic finish. Or try the new Illuminating Bronzing Powder from Bobbi Brown,



£21.50, which gives a sheer and natural-looking glow. You can't go wrong with this – it goes on effortlessly to produce a seamless covering. It is available in six shades, all have a gentle rosy undertone, eliminating the need for extra blusher.



▶ GIVE the eyes a reason to shine with some bright colour. Urban Decay's Get Baked Eyeshadow Pallet, £15, houses a stash of shades including a vibrant green called Flipside. The pallet comes complete with travel-size versions of the Bourbon 4/7 Eye Pencil and Sin Eyeshadow Primer. For a daring look create a purple haze with Sisley Botanical Eyeshadow in Ultra Violet, or for something less loud but equally effective go for Anis, a pale shimmering green, £23 each. To draw even more attention to your eyes, go big with Benefit's BADgal Blue Mascara, £14.50. Not only does it magically make your eyes look whiter, it's big brush gives lashes more volume and depth to create a real statement – but beware, this one is not for the faint-hearted.



▶ AND don't forget the lips – this season there seems to be even more pretty, sparkling colours out there than before – and they don't have to break the bank. Give yourself the ultimate shine with Wet 'n' Wild Mega Shiny Lip Gloss, £1.87, in larger Tesco's. Available in a host of shades, one stroke of this gloss gives a burst of slick colour, and contains vitamins A and E to keep your lips moisturised. Miners' Crystal Crush Light Reflecting Lipglosses £3.91, are a luxurious and sophisticated collection which contain light reflecting pigments to create a shimmering finish, while high pigment tints leave vibrant colour. If you prefer more of a bronze finish, try Too Faced's Lip Bronzer, £10.28. Available in three different colours, each



of these tubes contain two shimmering shades of sheer gloss, which work together to provide the perfect golden beach-inspired pout. A little goes a long way, and they're light and very easy to wear.

▶ HOT THIS WEEK: We've been trying out Zorai Naturally Pure Skincare's newest products, and think they're well worth a try. Developed by Wismah Nearshaw when her daughter was diagnosed with eczema, they contain only the purest organic food grade ingredients. They smell great, feel great and leave the skin feeling soft and smooth. They are available online at [www.zorai.co.uk](http://www.zorai.co.uk), prices from £11.95 for the Almond Hand Cream.



# Dying to look good

FOLLOWING the death of footballer's wife Denise Hendry from botched cosmetic surgery just weeks ago, HELEN APSEY investigates the dangers, the dos and the don'ts of going under the knife . . .

**DENISE HENDRY**, wife of ex-Scotland captain, Colin Hendry, wanted to feel better about her body after the birth of youngest son, Niamh.

So in 2002 the mother of four underwent liposuction. But bungled surgery left the doting mum with nine punctures to the bowel and colon. She suffered blood poisoning and multiple organ failure. At one point her heart stopped beating, and it was four minutes before she could be revived.

Last month, seven years and more than 20 corrective operations later, Denise, 43, faced 16-hour surgery to close the still-unhealed wound in her stomach. But she contracted a fatal infection following the procedure, and on July 10 Denise's life support was turned off.

With Newcastle topping the tables as the city that has the most plastic surgery procedures, and operations on the up as a feel-good recession fix, safe surgery has never been more important.

Research by the Harley Medical Group, the UK's largest cosmetic surgery company, found breast enlargements are the most popular operation in the region, with second-to-top city, London, favouring Botox.

David Bennison, MD of Newcastle's Nu-Age Medical Spa, urges locals to stay safe and do their research before going under the knife. He warns: "It may be for cosmetic reasons, but it is still a surgical procedure, with all the associated risks."

Cosmetic surgery in the UK is largely unregulated, and many doctors will have received little training before setting up practice.

Foreign doctors are able to enter the UK and set up practice with no training whatsoever.

It is easy to be fooled into



FATAL OPERATION: Denise Hendry

thinking that registration with the General Medical Council (GMC) means a doctor is qualified to do your op – but it is no guarantee of quality. The surgeon behind the mask could easily be a throat specialist and not qualified to do your tummy tuck.

Surgeon Gustav Aniansson, who did the operation that eventually resulted in Denise Hendry's death, may now face manslaughter charges. He has removed himself from the GMC, but continues to perform cosmetic operations on unsuspecting patients in a Spanish Clinic.

"When you consider that a botched operation could result in lifetime disfigurement, pain or death, it beggars belief that people would not want someone as experienced and qualified as possible," says David.

Figures from the British Association of Aesthetic Plastic Surgeons (BAAPS) showed surgical procedures in 2008 exceeded 34,000 – more than three times the amount since 2003, and a five per cent increase on 2007.

Past president of the BAAPS, Adam Searle, cautions: "Patients can be lured in by inexpensive prices, thinking that they are getting a bargain, but actually they are putting their health at risk."

David's advice for those keen to have cosmetic surgery is to do your research. He says, "Ask as many questions as you can; who are they registered with, how long have they worked in this field, how often have they performed this particular operation, what is the success rate and have they had to deal with any complications in their patients?"

It is also a good idea to run internet searches on the clinic and individual surgeon you are interested in, and to get recommendations from other patients.

It could save your life.

# Keep your nails in perfect shape

THERE'S something special about nails.

For the sake of a little bit of TLC, a good set of talons makes a statement, and will make your hands look longer and elegant.

Of course, not all of us have been blessed with strong, healthy nails, which is why extensions have become big business.

We headed to Reds Hair and Beauty in Waterloo Street, Sunderland, to try a set of acrylics. Beautician Nicola Caffery is charged with nails at the city centre salon, and she explained how her method involved both tips and acrylic, and could take up to two hours.

The process began with a good buff and file of my nails and cuticles, before Nicola selected tips to fit each finger. She explained how they would be applied only to the tip of the nail, instead of a good way

down the nail. It just about eliminates the chance of any damage to the nails because it is so high up," she explained.

"It means I can remove nails and clients will have no wear or tear on their natural nails.

"You'll find some people will stick them quite low on the nail but it's pointless – the tip has no strength in itself, it's the acrylic that holds it, so there's nothing to be gained."

Once the tips had been sized, filed and stuck on, it was time for the acrylic. Using a mix of white and pink acrylics, Nicola set about creating the perfect set of nails.

Using the new tip as a guide, she painted on the white acrylic.

It is this which takes time, as everyone needs to look as natural as possible. "It

takes patience but it is worth taking your time over them. You need your client to look as good as possible, and that means making sure they are perfect."

The acrylic sets quickly, and once the tips were finished it was time to build up the rest of the nail with the pink, which looks transparent.

They are cut, filed and buffed, before a shiny topcoat is applied. The process took just over two hours, but they looked fantastic. Once applied, clients need to go back every two to three weeks to get the acrylic redone, which will sort out any gaps caused by natural growth.

A set of acrylic nails at Reds Hair and Beauty, Sunderland will cost £45, and £25 for infills, tel: (0191) 565-5432 or go to [www.redshairandbeauty.com](http://www.redshairandbeauty.com)

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