



## Bella on Beauty



ON 20 SEPTEMBER I HOPE YOU WILL MAKE AN APPOINTMENT WITH ME OR ONE OF THE 22 BEAUTY EDITORS PARTICIPATING IN THE 'LOOK GOOD... FEEL BETTER BEAUTY EDITORS' DAY' AT SELFRIDGES IN LONDON. LOOK GOOD... FEEL BETTER (LGFB.CO.UK) IS AN EXCELLENT CHARITY OFFERING WOMEN WITH CANCER COMPLIMENTARY MAKE-UP WORKSHOPS AND beauty advice in hospitals all over Britain. For the editors' day, all of us beauty experts team up with various make-up or skincare brands, and for £20 (which goes to the charity) you can book an appointment for advice, or a makeover. Last year, between appointments, I hustled lots of good tips myself from the beauty editor of *Vogue*, and the legendary Newby Hands, who was on the L'Oréal counter. This time I am teaming up with the skincare brand Bliss, which has an amazing range and is giving away a goody bag worth £75 to everyone who books to see us. For an appointment on 20 September call 0800 138 8140

● **Bella Freud**

### THE TREATMENT

If you're struggling to squeeze into your little black dress, now might be the time to head to **FITNESS FOR EVERY BODY** in Southwark, south London. Jane Dowling will take you through an intense 20-minute workout on the Power Plate, which is the equivalent to over an hour's workout in the gym. Tones, burns fat, stimulates circulation and combats cellulite - what more could you want? From £200 for 12 sessions ([fitnessforeverybody.co.uk](http://fitnessforeverybody.co.uk))

**BEAUTY SPOT**  
**SMOKY EYES**  
 'When creating a smoky eye, don't feel that you have to use black - for many people it's too severe. A key trend for this autumn are smoky eyes in taupe colours. This is a softer, more wearable look and will complement all the purples in the shops'  
**Janine Bird**  
*Prescriptives*

### THREE BEST MANICURE SETS

IMMACULATE MANICURE, £39.50, BY LEIGHTON DENNY (LEIGHTONDENNY.COM)



ESSENTIAL MANICURE SET, £15, BY NO 7, FROM BOOTS (AVAILABLE NATIONWIDE)



PINK LEATHER, £66.50, BY ASPINAL OF LONDON (0808 144 3302)

