



## KEEPING UP APPEARANCES

By Rosie Green

Catching a glimpse of myself in the rear-view mirror last weekend, the sun's harsh glare highlighted my crow's feet and moustache fluff. Not the nicest start to the day. So, when Beyond Spa at Harvey Nichols ([beyondmedispa.co.uk](http://beyondmedispa.co.uk)) asked if I'd like to have their Visia face analysis, you would have thought I'd had enough of the cruel truth. But, sucker for punishment, I stood in front of a scary machine that told me how my skin age-compared for spots, pores, porphyrins (don't ask), wrinkles, texture and UV spots. Brutal. My wrinkles were better than only 71

per cent of women. (As a beauty pro, I was hoping for higher!)

On the plus side, I've now been shocked into a regime of looking and feeling better. I signed up for invisible braces with the charming [Dr Chatoo](http://londonlingualbraces.com) ([londonlingualbraces.com](http://londonlingualbraces.com)), kick-starting the process with a hygienist session. Then, I took make-up artist Ruby Hammer's advice, and traded in my tinted moisturiser for something with more coverage ('skintone suffers when we hit our thirties'). Enter Guerlain Radiant Feel-Good Foundation SPF20, £31. And, finally, a feel-good swipe of Chantecaille Lip Chic in Zinnia, £24. That's just the start...

# BEAUTY notebook