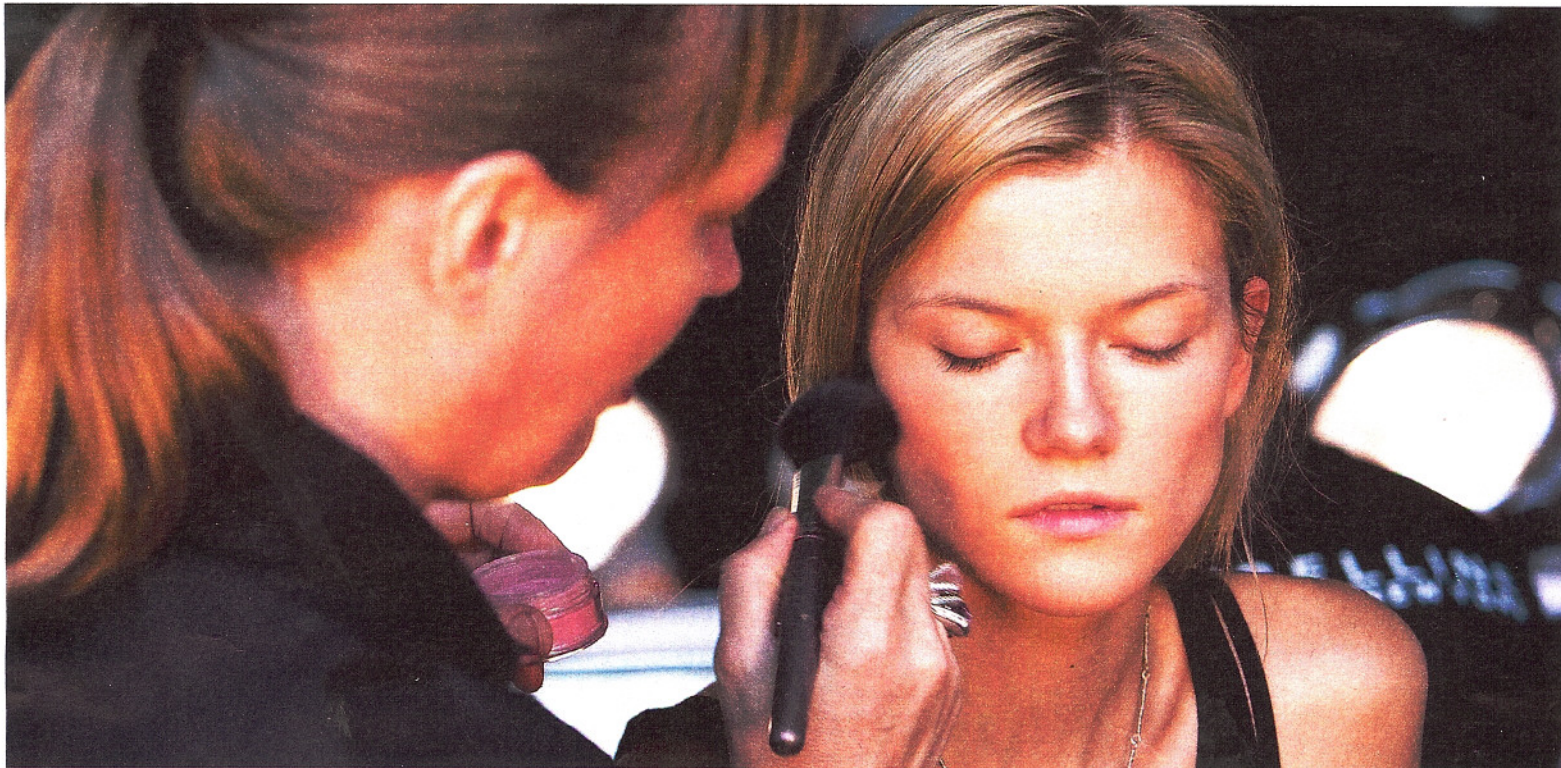
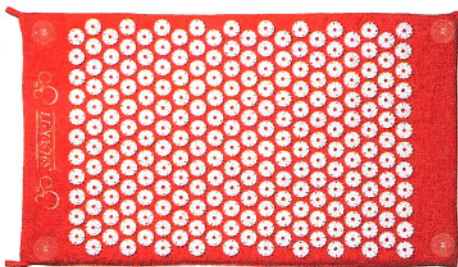


## Beauty notebook by Kate Shapland



**THE BACKSTAGE SECRET** HOW TO GIVE YOURSELF HIGH CHEEKBONES There has been a revolution in face bases of late. Most powders and foundations now contain light-reflective pigments that throw skin into 'soft focus', diminishing lines and blemishes. But the latest do more than that: as well as perfecting skin, new compact bases are geared to enhance face shape, too – flattering and highlighting contours with pigmenting tricks. Two of the best are **Givenchy Prisme Foundation** (£30.50; [debenhams.com](http://debenhams.com)), a compact powder/foundation with coloured squares to sculpt and illuminate skin; and **Dior Diorskin Nude Natural Glow Sculpting Powder** (£36; 020-7216 0216) with which you can create an all-over glow or highlight features. Just sweep a brush over the palette, picking up the powder tones you want to use to highlight or illuminate your face, and dust on.



**THE NOVELTY** THE SHAKTI MAT This is a less prickly version of the Indian 'bed of nails', the Vedic practice of achieving a perfect balance of mind, body and spirit by lying on a spiked mat. The Shakti Mat has 6,000 acupressure points, and it is claimed that lying on it regularly for 20 to 40 minutes at a time encourages your body to release endorphins to relax you, help you sleep and blitz stress – and no loincloth required (£63; [victoriahealth.com](http://victoriahealth.com)).



**THE COMEBACK** FUTURISTIC SKINCARE Natural/organic products are in the spotlight at the moment, but hi-tech anti-ageing formulas are still in demand. The latest is Biotherm Skin Vivo Reversive Cream, a cream that claims to act on cellular DNA and genes to reverse ageing and rejuvenate the complexion. Above and beyond this, it is a pleasant topical to wear (£37; [boots.com](http://boots.com)).

**THE SCENT** PRADA L'EAU AMBREE A very transparent take on the woody, amber-patchouli of Prada's original perfume with quite subdued floral notes (May rose), along with citrus and amber. It manages to be dry, dark and warm but light at the same time – you could wear this anywhere, but it is not overtly feminine, perhaps intentionally? (£71.95; 020-7494 6220).



**DIOR CREME DE ROSE LIP BALM** Without doubt the best lip balm I have ever tried, Dior Crème de Rose is soft enough to come up when you glide your finger over it and feels like margarine when you apply it – but without the grease. It softens lips, imparts just enough colour to lift your face and lasts well (£19; 020-7216 0216).

