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- Dresses with sleeves
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PHOTOGRAPHS DEREK LOMAS

Voted for by YOU
More luscious and long wear than ever before: for a quick update, get a new lip...

**BEST LIP STAIN**

Lipstick Queen Velvet Rope Lipstick, £35 “The perfect, deep rich red, so glamorous. Lasted all day.” HMC

**BEST LIP TREATMENT**

Hourglass No.28 Lip Treatment Oil, £32 “This felt like a spa for the lips — the oil sinks in. Unique packaging makes it a pleasure to use.” KB

**BEST TINT**

Maybelline Baby Lips, £2.99 “It makes lips feel very smooth and soft. Delicate and pretty colour.” WH

**BEST LIP STICK**

Tom Ford Lipstick, £50 £ “I love the shape, and the fact that it's long-lasting and really comforting texture.” RH

**BEST LIP TINT**

Topshop Lip Liner Pencil, £5 “Feminine, sexy, lasting and intense.” KB

**BEST LIP LINER**

NARS Satin Lip Pencil, £17.50 “I love the colour and texture; it's easy to apply, with more precision compared with a normal lipstick.” RN

**BEST LIP GLOSS**

Clarins Rouge Eclat Lipstick, £19.50 “I love the shape, and the fact that it’s long-lasting and really comforting texture.” RH

**BEST LIP BALM**

Clarins Lip Comfort Oil, £32 “It’s a great balm and very hydrating.” KB
Want to... Tighten up slack skin

The Treatment to Try
Extreme weight loss either post-pregnancy or through dieting causes crepeyness to the skin in areas such as the upper arms, midriff, neck and face. Dr Tracy Mountford of the Cosmetic Skin Clinic is a huge fan of the skin-firming Thermanage CPT (Comfort Pulse Technology) radio frequency heat treatment, and does more Thermanage CPT procedures in the UK than any other cosmetic doctor.

+ What's Involved A one-off, non-invasive treatment that helps to stimulate the body's own collagen production to smooth, tighten and contour sagging skin in targeted areas. The latest version adds a gentle vibration and interspersed cooling CPT to make the treatment even more comfortable than before.

+ What to Expect You definitely "feel" the heat and, after the session, your skin will most likely be very pink and sensitive. This will calm down, and the contouring effect starts to show after a couple of weeks and becomes increasingly apparent over a period of six months. It lasts for a few years.

+ Cost Around £3,500 for approximately 90 minutes for one large area at the Cosmetic Skin Clinic, 84 Rogers Lane, Stoke Poges, Bucks SL2 4LF, cosmeticskinclinic.com; 01753 646660.

Get Fitter & Firmer at Home

The Treatment to Try
A remarkable 100 per cent of users in a recent trial of the Premium Slendertone Abs Belt* reported fitter, flatter and more toned abs. Fitness expert Jarod Chapman says: “Slendertone gives your abs the edge because the technology is fast and effective when used in conjunction with 20 minutes of exercise, five days a week for the first six weeks. It should always be combined with a healthy food plan, and incorporate some cardiovascular exercise or strength training routine.”

+ What's Involved Using clinically proven electrical muscle stimulation (EMS) technology, Slendertone works by contracting all the abdominal muscles, not just those under the pads.

+ What to Expect Similar to the muscle contraction experienced during normal exercise, the muscles contract then relax to help tone and strengthen. It's a handy way to kick-start a fitness regime and start getting you in shape.

+ Cost Premium Slendertone Abs Belt, £149.99 at slendertone.com, Boots, Argos. w&h

Click Online
Try the latest at-home skincare gadgets in our round-up at womanandhome.com/scifi-skincare
BEST EVER FOR DAY
Marc Jacobs Daisy Eau So Fresh, £52 for 75ml EDT
“It's so fresh and makes my day happier!” w&h reader

BEST WOODY PERFUME
Dolce & Gabbana Velvet Desert Oud, £185 for 100ml EDP
“My number-one scent for the evening. I instantly loved the strong aroma of the damask rose and its musky undertones, which improve with wearing.” Dr TM

BEST FEMININE PERFUME
Guerlain Aqua Allegoria Nerolia Blanca, £42 for 75ml EDT
“A perfect balance between floral and sugar sweet. Soft and alluring, with a resting scent of a Mediterranean summer garden.” NE

BEST EXOTIC PERFUME
Terry de Gunzburg Terrific Oud, £135 for 100ml EDP
“From the gorgeous weighty bottle to the heady woody scent, love this ultra-Eastern-inspired fragrance. Definitely for someone who is confident and loves a bit of Bohemian chic.” RH

BEST EAU DE COLOGNE AND LOVED BY ALL
Jo Malone Earl Grey & Cucumber Cologne, £78 for 100ml EDT
“Feminine and refreshing - great for summer.” Dr TM
“This is a beautiful, simple British smell. Divine!” RN

BEST EVER FOR NIGHT
Estée Lauder Modern Muse, £86 for 100ml EDP
“I've never had so many compliments on one fragrance before! It's just amazing!” w&h reader

BEST FLORAL PERFUME
Van Cleef & Arpels Rose Velours, £126 for 75ml EDP
“This has to be my top rose fragrance. Romantic and classic, and fresh enough for every day.” KB

BEST SEDUCTIVE PERFUME
Tom Ford Atelier d'Orient Rive d'Ambre, £140 for 50ml EDP
“I've made many friends fall in love with this fresh, soulful aroma. Love it.” JGB

BEST DAY-TO-NIGHT PERFUME
Carolina Herrera CH Eau De Parfum Sublime, £70 for 80ml EDP
“This is a really good all-rounder; a great day-to-night perfume.” RN

BEST ALLURING PERFUME
Acqua Di Parma Acqua Nobile Iris, £84 for 75ml EDP
“This is my new scent: fresh, bright, lightly floral.” HMc

Perfume
Here are the favourites from the year: which one will you be wearing?
I want my BODY back!

There are some bits that exercise and diet just won’t shift... Jo Glanville-Blackburn checks in with trusted cosmetic doctors and dermatologists for the very best non-invasive treatments to help you shape up.

Now, more than ever, it really is possible to shape up your silhouette without surgery and with little or no downtime, thanks to an array of body-firming and contouring heat treatments that eliminate fat, improve cellulite and tighten skin. The trick is to choose wisely. "Don't just go for the hype," says dermatologist Dr Nick Lowe of the Cranley Clinic. "A great number of treatments haven’t had any long-term clinical trials, so I simply wouldn't deem them as reputable."

And don't expect everything from one treatment. "One technology alone often cannot achieve all of your goals," says Dr Tracy Mountford of the Cosmetic Skin Clinic. "A multi-layered approach combining several treatments will often create the most natural-looking but effective end result."

Remember, all these technologies work better when combined with a healthy, protein-rich diet, less stress, more water and regular exercise.

WANT TO... SLIM DOWN & SHAPE UP

WHAT’S INVOLVED Known as the non-surgical alternative to liposuction, CoolSculpting by Zeltiq is a cooling treatment called cryolipolysis that is highly rated by leading dermatologists and cosmetic doctors, and works by chilling (but never freezing) a targeted area of fat on the body, such as the stomach. The idea is that when exposed to extreme cold, the cells in the subcutaneous fatty tissue break down without damaging the skin's surface.

WHAT TO EXPECT Temporary redness, bruising and numbness of the skin are common, but with no lasting effect. CoolSculpting is deemed safer of all cryo treatments and reduces fatty deposits by up to 30 per cent. Expect to see results after one to three months.