

Fashion and Beauty Editor Caroline Scott has your skin regime sorted

Thats rich!

Brrrr... The stars have been bracing some **chilly climes** of late: from Sundance Film Festival in Utah (right), to the couture shows in Paris and icy premieres in London. But how do they keep their skin looking so yummy and hydrated in sub-zero temperatures? A wonderfully rich **face cream**, that's how. In fact, every girl wanting good skin should be in possession of one.

A hydrating cream is a must-pack if you're **hitting the slopes** but also useful here in the Middle East, as a skin SOS. We may steer clear of them during the day – for fear of our make-up turning to mush – but don't rule them out completely.

My current favourite is the recently reformulated Guerlain **Orchidée Impériale** (below, Dhs2,028), one of the original cream queens and the result of tireless observation by Swiss scientists in an Experimental Garden full of orchids, where they 'listen', patiently, for these special flowers to unfurl their secrets. Think about it this way: **Orchids** can live for 100 years and constantly regenerate.

So, while I don't use a heavy (or expensive!) cream every day, I use it thus: on days when I won't be wearing make-up, as a treat on a **quiet evening** – instead of putting on a mask just apply a generous layer of cream, instead – or when I'm feeling a little rundown and my skin needs some extra loving.



Alicia Keys (above) and Princess Eugenie (left), glow in the snow. Below left: Guerlain skincare harnesses the power of orchids



TRIED & TESTED

SQOOM: THE NEW DIY ANTI-AGEING DEVICE

It's the word that's been on the lips of Dubai **beauty insiders** for a while, and last week I finally succumbed to a Sqoom session. Created in Germany, this vibrating hand-held device is used to apply specially-created gels and creams to the face. There are various settings and formulas, which target everything from ageing to flaking, so it's a bit like a Power Plate for the skin.

The science behind it is that **ultrasound vibrations** and **ionization** techniques – used separately in various beauty treatments but not usually together – help the product penetrate deeper into the skin. Ideally, you would use it for 10 to 12 minutes every day, for a month, and then once or twice a week.

After one session, my skin looked noticeably better. Not so much the complete disappearance of lines and imperfections, but that my complexion looked healthier, **brighter and plumper**.

And I was happy to bare all, ie. go make-up free, for a few days. A male style insider I know also tried it, and again, he definitely looked fresher – especially the skin on his **forehead** – and even a little younger.

The Sqoom is expensive but its makers promise it removes the need for regular salon-based facials.

Dhs3,999; available exclusively at Galeries Lafayette, The Dubai Mall.



AQUA BRONZE

'A gorgeous girl who comes out of the water' was how **MAC** Middle East Senior Artist Vimi Joshi described the look they created for the Alberta Ferretti show in Milan (left). I was delighted to hear that after years in the fashion wilderness, **tanned** skin is in – created with make-up, mind.

Backstage at the shows the beauty references were Bedouin glamour, **desert heat** and the dusty mountains of Utah, in summer,' she explained. **'Taupe'** is on the tip of every make-up artist's tongue and was the shade of Shape Powder Blush used in this look.

And guess what else is back? The 1990s nude lip. 'Make sure you choose a lip pencil that is one to two shades warmer than the natural colouring of your lip. Followed with a nude lipstick, this look is really beautiful.' Watch out for **MAC Mineralize Rich Lipstick in Luxe Naturelle**, coming soon...

MAC Lip Pencil, in Subculture, Dhs86

