



THE PEACEMAKER Meditation and whale music not working? Book a customised Prospa body treatment from top French spa brand Sothys (pronounced So-tis). Your therapist will tailor exfoliation, pressure point massage, hot stones, wraps and deep-toning massage to your concerns – be they muscle aches, cellulite, dry skin, whatever. A serious stress-buster for body and soul; from just €40 at Sothys spas and salons.

GET THIS Eau de Parfum Tendre by Prada, €60, 50ml, a softer take on Muliccia Prada's original, amber-laced perfume. Demure, delightful, de-lovely.



SMOOTHIE ANYONE? Sun worshippers face the worst damage, no question, but even the sun-shy find that, over time, skin on the body loses elasticity, firmness and density, resulting in sagging. According to **Elizabeth Arden**, the solution lies in argireline – the same hexapeptide used in Arden's best-selling anti-ageing Plump Ceramide range for the face – that pumps up lines from within, giving a smoother, firmer look. Besides argireline, new Ceramide Plump Perfect Firming Body Soufflé, €43, uses soy sterols to promote collagen production, glycerin to moisturise and a ceramide complex to reinforce the natural barrier. Gliding on like a silk kimono, it hydrates even tough-to-tackle areas like elbows and knees.



BENEFIT'S NEW WEATHER GIRL PALETTE, €29, OFFERS SIX MADE-TO-MIX HUES OF BROWN, CHAMPAGNE AND MAUVE FOR LIPS AND EYES. WE PREDICT A WEARABLE LOOK – WHATEVER THE WEATHER.

TIME MACHINE

Just in from the US, where it's fast becoming a fixture in dermatologists' offices, the Titan is our latest weapon against slack, sagging skin on the face or body. Infra-red light stimulates collagen growth deep down, contracting the support structure to tighten the skin's surface. "Most patients need only one 45-minute treatment to see results, while others need two, spaced three to four weeks apart," explains award-winning beauty therapist Sharon Gilmartin. "This is a great option for people who want a facelift effect, without the surgery, with results continuing to improve for six to eight months after the last treatment." Top-ups are suggested every year to 18 months. Face and neck treatment, €1,200 a session, at Anu Therapie, Drogheda; Venus Medical Beauty, Dublin; or www.cutera.com.



HOT DATE

AMERICAN MAKE-UP QUEEN TRISH McEVOY AND TEN OF HER INTERNATIONAL MAKE-UP ARTISTS WILL BE AT HARVEY NICHOLS, DUNDRUM, ON SEPTEMBER 19. SECURE YOUR ONE-ON-ONE CONSULTATION; 01 291 0426.



ANTIQUES ROADSHOW Be the envy of your gal pals: snap up Paul & Joe cosmetics at The Make-Up Boutique on Belfast's swanky Lisburn Road. Created by French designer Sophie Albou in the same retro, girly style as her fashion label, the range includes lust-have scents, make-up and skincare like this Eye Make-Up Remover, a mere £10stg.