

**M** BEAUTY

**Cheap cheat**

**Lotil cream**

Lotil Original, £1.99 for 30ml

IF you invest in one good moisturiser you can save yourself a fortune. Lotil Original can be used for hands, lips, as a body wash, shaving cream, face moisturiser, cheek shine, and as a make-up remover... So it's a bit of a bargain. Available from Boots.

**To the test...bronzers**

Bronzing powders are a great way to create a sunkissed look without risking sun damage. But never use a bronzer that is darker than your natural shade, or you'll end up looking like Kat Slater.

- **Touch Of Sun Powder Bronzer, £6.50, Barbara Daly** make-up for Tesco. This compact comes with a handy concealed applicator brush.
- **Collection 2000 Shimmering Glow, £2.19, from Superdrug and Asda**. Great value bronzer in high tan Espresso shade.
- **Mien Suntan Bronzing Powder, £5, Marks & Spencer**. It has a rich creamy texture that adds a soft sheen.
- **Pressed Powder Bronzer, £20, Pout** (mail order 020 7379 0379). Comes in three shades - Sunkissed, Sunblushed and Sundershed - in a mirror compact.
- **No7 Medina Bronzing Powder, £10, Boots**. A mosaic of four colours adds a translucent shimmer to this bronzer.

**Beauty bitch.. Helena Bonham Carter**

**MOTHERHOOD** has had a weird impact on Helena. Four months after having son Billy by her boyfriend, film director Tim Burton, she insists on wearing gothic Nightmare Before Christmas-style make-up. We think she should ease up on the scary face paint and let her beautiful English rose complexion shine through.

**Style secret**

**KELLY Brook** keeps her lashes looking long and lovely with layers of Maybelline Great Lash Mascara, £4.99.

Still lives: BOB POWELL

Want the wow-factor for a big night out? Our five-day countdown to glamour will have you shining like a Hollywood star at the Oscars. By **AMBER GRAAFLAND**

**W**ITH just five days to go before the Oscars, there's some serious pampering and preparation going on in celeb land. And while we mere mortals may never attend anything quite so glitzy as Sunday night's Academy Awards, there's no reason why we shouldn't look as good as a Hollywood A-lister if there's a special event to go to. Oscar nominees have a team of stylists, hairdressers and make-up artists at their command, but with the right products and a little know-how, the DIY approach to glamour can give the same stunning results. Just follow our five-day party preparation countdown...

**Day Five**

Now's the time to take a long hard look at your hair. The best blow-dry in the world won't hide any split-ends, so if you need a trim get it done now.

And if, like Courtney Love, you have more roots than highlights on display, sort that out, too. No amount of dim lighting will hide that little lot.

**Day Four**

Most people think it's a good idea to apply a face pack the day before a big night out. But because masks work by drawing impurities out of the skin, this can result in spots and redness. It's better to allow a few days for your skin to calm down after using one.

If you do feel a pimple coming up, deal with it now. Dab a layer of clay or a mud-based mask on the spot overnight to bring it to the surface sooner. Or try Boots Botanics Pore Perfecting 2 in 1 wand, £3.99, which dries out spots.

**Day Three**

Self-tanners can stain body hair and make it appear darker, so always shave, wax or epilator before applying them.

**Tips on shaving:**

- Don't do it immediately after you wake up as body fluids can make your skin puffy and harder to shave.
- Always wet the hair first for at least three minutes. Hair absorbs water and will stand up, making it easier to shave off.
- When shaving the leg area, go against the grain and avoid repeat strokes. Take extra care around bony areas, such as the ankles or knees.

**Tips on eyebrow shaping:**

- Always tweeze hairs that are below the eyebrows, never above.
- Tweeze both brows uniformly, moving from one to the other every three to four hairs.
- Use both a hand mirror and a big mirror to keep an overall perspective.
- Always tweeze in natural light.
- Avoid tweezing a couple of days before and during a period when your skin is super-sensitive.
- Try: Eye Brow Kit, £18, from Marks & Spencer. Slanter Tweezers, £1.70, from Boots.

**Get ready for your close-up**



**STAR QUALITY:** (Clockwise from left) Halle, Catherine, Nicole, Cameron and Renee

**Day Two**

Don't slap on fake tan hours before you go out. Do it the previous day and check for streaks.

**Tips on applying fake tan:**

- Exfoliate first as it will make your tan last longer. Self-tan stains the surface layer of skin cells. So exfoliating gets rid of any dead skin cells that would otherwise fall off in a day or two, leaving your tan patchy.
- Use a body scrub (or a facial scrub if you're tanning your face), or apply shower gel with bath gloves. A cheap cheat is to mix some ordinary table salt with a little body oil - just enough oil so that the salt granules stick together. Rub the mixture all over your body when you shower. When you rinse off the salt, the body oil will remain, leaving your skin moisturised.
- Always moisturise before applying fake tan, especially if your skin is dry, or if you are putting tan on dry areas such as ankles, knees or elbows. Thinly skin will

soak up whatever is slapped on it and you don't want dry patches taking up more tanning liquid and leaving you with an uneven tan.

- Try: Bath gloves, £4, from The Body Shop. No7 Self-tan Quick Dry Mousse, £10, from Boots.

**Day One**

If you're a fan of salon manicures and pedicures, book them on the day of the party to make sure your nails are immaculate. If you prefer the DIY approach, set a couple of hours aside to do this.

**Tips on nail care:**

- Always use a natural nail file - such as Funky Files, £3, from Marks & Spencer - rather than a metal one.
- Push back cuticles in tiny circular movements all around nail plate. Gently wipe any excess from the nail and carefully "nip" any loose edges of dead skin. Try Cuticle Treatment with gel remover, oil, and orange sticks, £7, Marks & Spencer.
- Always apply a high-quality base and top coat.

**Pedicure tips:**

- Soften your feet and toenails before giving yourself a pedicure. Crabtree & Evelyn's Le Source Foot Smoother, £10.50, is great for this.
- With a pumice stone or foot file - £3.50, Marks & Spencer - gently remove any hard skin from your feet, paying special attention to heels.
- Push back cuticles in tiny circular movements all around the nail plate.
- If you are going to paint your toenails, be bold! A warm colour such as Orange Fizz from Max Factor, £5.50, is perfect for spring and will jazz up any outfit.

Right with that little lot out of the way, that only leaves your hair and make-up to do.

Allow yourself plenty of time in conditioner to give your hair extra body.

Before applying your make-up, prepare your skin with something like Skin Wisdom Instant Benefits Radiance Serum, £8 for 30ml, from Tesco. It'll make you glow.

Now it's all down to some hands-on brush work and you'll be ready to make a dazzling entrance.