



Beauty

Sarah Vine

Autumn survival guide

Hot one minute, cold the next – no wonder skin gets irritated



as many beauty remedies as a girl could wish for. Strangely, though, it's not the super-duper stem-cell micro-magnetic space dust products that do it for me, but the soothing embrace of scented oils and lightweight skin-enhancers.

The first of these is Kiehl's Midnight Recovery Concentrate (£36; kiehls.co.uk). This blend of essential oils is exactly what the tired face needs before it hits the pillow, helped in no small part by the generous whiff of lavender that accompanies its application. It is both simple and effective, and it really does soothe and soften the skin as you sleep.

In the morning, Sarah Chapman (wonder facialist) and her Intense Hydrating Booster (£57; sarahchapman.net) provide the perfect cocktail for thirsty skin. Sadly, I can't keep Sarah in my bathroom cabinet, but this is the next best thing. It's good for general crepeyness, being stacked with a potent combination of hyaluronic acid and anti-inflammatories. You can use it night or day, or both, depending on need, and it's heaven if you're flying long-haul or exposing your skin to cold and wind.

When it comes to eyes, Lancôme's Rénergie Yeux Multiple Lift eye cream and concealer combo (£44.50; lancome.co.uk) is just the thing for softening lines and dark circles. I've got two, one for home and one for the office. It lasts for ever, too, since you need the tiniest amount. For face, Guerlain Lingerie de Peau foundation (£35.50; houseoffraser.co.uk) has similar properties, blending seamlessly and providing a voile-light yet effective second skin that smooths over shadows and gently softens blemishes – it's not a perfect, doll-like finish, just a slightly soft-focus effect.

For the body, two suggestions: first, Aromatherapy Associates Renew Rose Body Cream (£30.50; aromatherapyassociates.com), a luxurious and fragrant old-school body cream, uncomplicated and effective. Second, Lulu's Super Sexy (I wish) Quenching Oil (£18.50; lulusplace.co.uk). Most celebrities hitch their name to any old cheap rubbish, but Lulu has wisely avoided that trap. This stuff smells divine (lavender again) and moistens even the most dry and decrepit of skins, leaving behind a healthy sheen. Her hand cream (£7.25) is also highly recommended. ■

Proof, as if proof were needed, that the key to looking good is half luck, half lifestyle comes in the shape of the familiar under-eye bags and general puffiness that signal the arrival of autumn. Back to school, back to the office, back to being hot one minute and cold the next, back to skin that's tight and irritated.

There are some women, of course, who seem to be completely unaffected by the changing of the seasons. I am not one of them. I look quite nice for about half an hour after coming back from holiday, then it's business as usual. I take this as a clear indication that I should be exonerated from all work that doesn't entail lying on a beach; my employer understandably views things rather differently. Luckily, I have free and unfettered access to

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What we love

Brow pencils



FROM TOP Laura Mercier Eye Brow Pencil in Warm Brunette, £15.50 (liberty.co.uk). Smashbox Brow Tech To Go, £22.50 (debenhams.com). MAC Eye Brows in Fling, £11.50 (maccosmetics.co.uk). Blink Eyebrow Pencil in Indian Chocolate, £13 (blinkbrowbar.com). Tom Ford Beauty Brow Sculptor in Chestnut, £30 (0870 0342566). PRUE WHITE