

**B**

**Beep also beauty:** The spring beepie stars to new heights. At the White Room in Harrods (below) - where else? - you can take yourself for an ICMA beauty diagnostic: your skin is photographed in high definition using a specific light-filtering

technique; the results are analyzed and then a set of cleansers, polers and lotions is blended specifically (there are nearly 6,000 possible combinations). You can even go back for more photos to see how well it's all working. 2290 for the ICMA Deepnote Ritual: daygroom, including two creams and eight skin-made serums. [www.paris.com](http://www.paris.com)



**C**

**Colla products:** These are often discovered at the end of a late night when your best friend shares the most amazing lip balm in the world (**Paper Collimate**, now shipped from Australia by [collabeauty.co.uk](http://collabeauty.co.uk)). They also come in a variety of forms for months (**Colla Rouge**). Not all colla is the same: for example, in 2012 expect high demand for **Colla Wiseman** and **Colla Private My White**, below. Sometimes the buzz comes from a true beauty insider:

star facialist Lisa Germain, that told us about **Epilouin**, a Southern California brand, and its **Colostrum Cream**, a blend of aloe, avocado and seaweed proteins that leaves your face baby smooth. Also from LA, **Olé Harrods** Sheer Transformation cream brightens with instant effect. **Elizabeth Arden Eight Hour Cream** has been beloved for 82 years, although for some the fragrance is too much - non-believers can finally get involved, with **Eight Hour Cream Fragrance Free** just out.



**D**

**Drinks:** [www.aaa.com](http://www.aaa.com)

**Put beauty into your sleep with a powerhouse right cream.** The best of the bunch are **Garth Chapman Overlight Facial**, a potent cocktail of powerhouse peptides; **Salix Leader Advanced Night Repair**, which helps the skin and soothes skin; and **Algenist Overlight Restorative Cream**, which is a unique blend of algae and silk, which, to cut a long while-odd-odd-odd-story short, renews and regenerates skin cells. By the time your alarm goes off, you'll be glowing.

**E**

**Exercise the form:** Never heard of **Newton** shoes? Neither had we until we spotted them on three-time Ironman World Champion Craig Alexander. What's wrong with my Nike Airs, you ask? Nothing, but these encourage running with the midfoot flat - the only way to run if you're into serious distances - and have a cushioning system that supposedly returns up to 40 per cent more energy than conventional running shoes.



The mesh is made from a slow-bond fabric to prevent dirt and debris getting in and keeps the shoes freshly breathable - ideal if you prefer not to wear socks. A perfect pair for would-be triathletes or those who like to scampar on the beach. [www.newtonshoes.co.uk](http://www.newtonshoes.co.uk)



**F**

**Five-minute workout:** Interval, people, see for anyone with the serious desire to boost their fitness, shift excess weight, or beat their personal best. HI sports are the original great interval drink. An interval set-up (**Interval HI**), but with **Interval** you can work wonders in only five minutes. **Interval** can be done with any cardio, though running or cycling is ideal: you do 30 seconds at 90 per cent effort, then in seconds off. **Interval** while you're doing it but you feel amazing the moment you stop. You'll also notice how much easier low-level training really becomes.