

SOAK UP THE SUN

While we're still unsure whether it's safe to pack away our jumpers, March temperatures in Marrakech are a decidedly sunny 25 degrees. So why not warm up your spring beauty routine with the colours, spices and scents of Morocco?

QUENCH SKIN Made from the kernels of the native Moroccan argan tree, argan oil is prized for its high vitamin E and essential fat content that boosts and plumps skin.

Massage **A L'Olivier Virgin Argan Oil** (4, £22, harrods.com) into your face at night for a serious dose of moisture.

WARM UP EYES Sunny, burnished shades in exotic hues of burnt sienna, gold and brown were used to light up eyelids at the

Mark Fast show. Wash **Maybelline Color**

Tattoo Eyeshadow in **On**

And On Bronze (2, £4.99, boots.com from April) over eyelids then

smudge **Terre d'Oc Kohl Eyeliner** in **Noir**

Bengale (3, £13.95, terredocosmetics.co.uk)

on to lash lines.

BURNISH LIPS Slick on

Laura Mercier Lip Shine in **Naked**

Apricot (5, £18.50, spacenk.co.uk), then pat your

Maybelline eyeshadow on the centre of lips for a sunlit, burnished seal.

MOURISH HAIR **Redken All Soft Argan-6 Oil** (1, £25.60, redken.co.uk) is a multitasking miracle. It detangles wet hair, smooths strays and bumps up shine after blow-drying.

ASBAH CACHET Light the **Cire Trudon Spearmint, Apple and Clove Abd El Kader Candle** (6, £55, tel: 020 7486 7590) and soak up the scent of the souk.

NAIL THE NEW NUDES

Wave goodbye to dark nail shades – glossy nudes are your new watchwords. Described as 'foundation for your nails', these nudes come in the palest of pinks and biscuity taupes – just slightly darker than your skin tone. Pre-soak your nails in lemon juice for five minutes to remove any nail-varnish stains. Slick on one coat of **L'Oréal Paris**

Color Riche in **Marie Antoinette**

(far left) or **Macaron Noisette** (£4.99 each, available nationwide from April).

Use **Jessica Top Priority Topcoat** (from £7.50, tsbeautyshop.co.uk) for the perfect wet-look finish.

Send your questions to @YOUNAGBella and we'll answer the best. Or you can contact Bella at bella.blissett@you.co.uk



MARK FAST

HOW TO TONE DOWN PIGMENTATION

Research shows that uneven skin tone can be more aging than wrinkles, and large brown patches of pigmentation are difficult to budge. Facialist Sarah Chapman, whose clients include Naomi Watts and Queen Rania of Jordan (right), swears by Cosmelan. It's a professional-strength mask that inhibits the production of melanin (the substance that causes brown spots). Have the mask applied at her Skinesis Clinic and wash it off at home. You can expect redness, peeling and itching for two weeks as you shed the upper layers of skin and the patchiness with it. It includes a nine-month aftercare regime – products to apply at home, with your progress monitored by a consultant from the clinic. At £800 it's pricey, but if you're self-conscious about pigmentation, it's worth the investment. Sarah has also created the at-home Instant Miracle Mask, £38, with vitamin C and sea algae to even out tone and smooth skin. sarahchapman.net



A FIRST-CLASS VIT KIT BOOST

Sourcing the right supplements can be tricky. At myvitaminfriend.co.uk you can choose preloaded boxes – packages include the Skin, Hair & Nails – or custom-make your own combination. Pick energy-boosting vitamin C, omega 3 or co-enzyme Q10 from the 30 supplements available, and your 'little box of wellbeing' will be delivered to your door. Top marks for no-hassle health. From £5.29 a month, based on three vitamins a day.



Mist hairspray into the air, then walk into the cloud to give your style hold – without risking any stickiness.

