

Stars will be out in force for the best BRIT awards to date

Spectacular show hits the television screens on Valentine's Day



Noel Gallagher (above) and Lilly Allen



Advertisement feature

WORRY no more. You have a hot date for Valentine's Day. All you have to do is settle down on a sofa and enjoy the biggest music event of the year. The Brit Awards 2007 will be broadcast live on February 14 (ITV) and, with comedian Russell Brand working as compere, anything is possible. The past 12 months have proved to be an incredibly rich year for popular music and this eclectic spread is certainly reflected by this year's nominees. Never before has such a wide scope of music gathered at the top of the singles and album charts. Leading the nominations for the event is Lily Allen, way out in front with three separate nominations,

British female, British album and British breakthrough Act as well as short-listing in the Best British Single category. Muse and Gnarls Barclay, both of whom having achieved unpredictable levels of success during the past year, have also gained three nominations each in their respective group and album categories as well as fighting it out for the British Live Act (Muse) – and anyone who caught their powerful MEN arena show at the end of 2006 would agree – and International Breakthrough act (Gnarls Barclay). Just behind them are Snow Patrol and James Morrison with two nominations and one short-listing each for their super-successful singles. The event is

set to be further spiced by the colourful Amy Winehouse who is up for British female as well as British album for her genre defying Back to Black. In total, 46 artistes will be hoping to grasp the prizes although, surprisingly, there are only 13 statuettes on offer. At the recent official Brit's launch party, held at Hammersmith Palais, an announcement was made about who would be performing on the night...and on your television screen. These acts include rock sets from The Killers, Snow Patrol and the Red Hot Chili Peppers alongside smoother grooves of Corinne Bailey Rae and Take That, who defied all logic to stage one of the

greatest and unlikeliest come-backs of all time during 2006. Amy Winehouse will add an extra edge and the ever-entertaining Scissor Sisters will attempt to eclipse their amazing Muppet extravaganza of the 2005 ceremony. Every year, one act is chosen for their Outstanding Contribution to Popular Music – previously such esteemed acts as Van Morrison, The Who and Paul Weller have performed under that honour – and this year will see the ceremony closing with three classic songs from Oasis, once of Burnage, latterly of South Hampstead. It promises an unmissable climax to a spectacular Valentine's evening.

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Weather the storms with these top tips for winter health and beauty

By Shereen Low

JANUARY and February are the coldest months of the year, and while your inner child is looking forward to the possibility of snow and being able to cosy up in warm snugly clothes, your skin will be praying that the cold spell won't last too long. The extreme conditions forecast for the next month will play havoc on your skin, with damage caused by the steep drop in temperatures. "When it's cold and dry, the air around you can suck the moisture out of your skin," explains Dr Tom Mammone from Clinique. "Wind further dehydrates the skin, and can cause it to chafe and crack. Snow reflects sunlight, intensifying UV penetration into skin. "The combination of sun, temperature extremes, wind and other conditions like central heating, are all extremely damaging to skin."

BEAUTIFUL BODIES

You may think that a long, hot soak in the bath will help to replenish lost moisture, but that's not true, says Vaseline's Atoshi Ghosal. "Skin produces a lipid bilayer – a mixture of fats, oils, proteins and EFAs (Essential Fatty Acids) – to help keep water within. Hot water and strong soaps strip these oils away and cause skin to lose moisture, elasticity and flexibility. "Gently pat dry your skin after bathing until it is slightly damp, rather than completely dry, and apply moisturiser. It's more effective on damp skin as it helps it maintain the moisture within." Vaseline Intensive Care Essential Moisture, £2.49, Simple Nourishing body cream, £3.99 and Nivea enriched body moisturiser for dry skin, £5.59 contain active ingredients like shea butter, almond oil and vitamin E so skin remains silky soft all winter long.

FABULOUS FACES

Exfoliation and sunscreen remain very important for your winter beauty regime. "Even though the sun's UVB rays aren't as strong in winter as in summer, it's very important to protect yourself with sunscreen. UVA rays are just as damaging in winter as in summer," says Tom. "Moisturise morning and evening to keep skin protected, and if your skin still feels dry, switch to a heavier moisturiser." Orange Skin Food, £27 (01489 860 244/www.rhodoheaven.co.uk), will protect against environmental assailants.

HEAVENLY HANDS

"Winter, especially in polluted cities, can remove lipids and natural moisturising factors without giving the skin time to build them again," says Tom. Atoshi adds: "Hands are constantly exposed to the harsh conditions, leaving the skin feeling tight, rough and dry because of dehydrated skin cells. Regular application of hand moisturiser can tackle dry skin."

LUSCIOUS LIPS

The lips are also hit hard at this time of year, particularly if you spend a lot of time outside in the sun and wind. "Lips need lots of moisture and SPF protection. A waxy formula with SPF of at least 15 is a good choice for skiing and outdoor activities. Apply lip balm rather than licking lips whenever they start to feel dry or chapped."

LUSH LOCKS

Hair is in need of extra TLC. Kerastase Nutritive Gluco-Active range is aimed for people with dry hair. There are three levels

to choose from Light, Enriched and Intense, depending on how dry your hair is, with shampoo, conditioner and care products in each. Bain Satin shampoo, £12, is great for beautiful hair every day while Nutridefense Masque hair mask, £22.50, is ideal as part of a weekly pampering ritual - call 0800 316 4400 or see www.kerastase.com

BEAUTY SPOT 1

If Britain's dreary skies are getting you down, transport yourself to the sunny climes of New Zealand with Linden Leaves. Available in five exotic scents - Green Tea and Lime Leaf, Ginger Peach, Passionfruit and Echinacea, Fig Licorice and Ginseng and Orange Blossom – the bathtime range consists of shower cream, bubble bath, bath salts and will make you want to stay there all day. Priced from £3 from John Lewis.

BEAUTY SPOT 2

Hair products are like buses - you wait a while for something good, then two come along at once. MOP's Glisten Spray Gloss, £12.95 (01282 613 413), and John Frieda's Frizz-Ease 5 Minute Manager Styling Spray, £3.59 at Boots, work brilliantly on fine hair, which would normally be weighed down and left lank with other shine sprays.

BEAUTY SPOT 3

Her acting and singing career may be on hold, but Jennifer Lopez continues to belt out the fragrances. The fruity floral J.Lo Glow After Dark, £24.99 from The Perfume Shop, is her latest offering, with melon, mandarin and jasmine notes, and comes with a free ring. Click onto www.theperfumeshop.com for the chance to win a trip to New York.



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