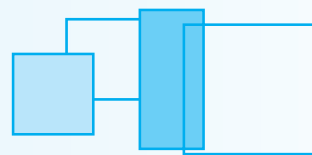


envyasktheexperts



Fiona Cowie
Dermatologist

My friend told me that she wears sun screen all year round to protect her skin. Is it really necessary to do this in England?

Dermatologist Dr Fiona Cowie, GP and Aesthetic Physician at Wirral Aesthetic Clinic, answers: "Your friend is correct. To minimise the effects of ageing it is essential to use sun screen all year round, even in England!

"UVA and UVB rays, which are found in sunlight, help break down the collagen tissue in your skin which leads to the premature signs of skin ageing that we all dread. Fine lines and wrinkles, open pores, skin laxity and age spots can all be prevented by using the correct level of sunscreen on a daily basis.

"I always recommend that everyone should use at least SPF 20 in the wintertime and SPF 30 in the summertime. Many moisturisers and foundations contain SPF 15 but this will not adequately protect your skin from the sun's damaging rays. You would be best advised to use a separate sun cream which is designed to be used on your face and apply it daily after your moisturiser and under your foundation.

"The best sunscreens are transparent zinc oxide based. This avoids the pasty white look that some older formulations could give you. My personal favourites are made by SkinCeuticals who do a range of sun creams suitable for all skin types as they

are oil and fragrance free. As well as SPF 20 and SPF 30 creams the range includes a Physical UV Defense SPF 30 which is designed for sensitive or traumatised skin and is safe for children, and a Sport UV Defense SPF 45 for people with active lifestyles. This particular broad-spectrum sunblock is waterproof and sweatproof and delivers maximum protection during high-energy activities."



Christopher Boyton
Hairdresser

Hairdresser Christopher Boyton of Charing Cross, Birkenhead and Telegraph Road, Heswall, answers: "Straightening irons have been a great addition to hair styling. We are using them to smooth and curl as well as straighten. It would be a pity to give them up.

"So, first of all make sure that you always use top quality products on your hair. You will find these in top hair salons where you should also find a friendly stylist who uses them every day and actually knows which is best for your hair. Straightening irons do dry your hair so make sure that it is well protected before you start.

"Shampoo with a product such as Wella System Professional 1.2 Repair Shampoo or 1.8 Colour Saver Shampoo - both are excellent for repairing damaged hair.

I straighten my wavy hair almost every day and its starting to look a bit dry. I don't want to give up my irons, what can I do to keep it looking in good condition?

Colour Saver Shampoo is available for Fine - Medium or Course hair. Follow this with a conditioner such as Wella System Professional 30 Seconds Repair Cream or 3.1 Hydro Mask.

"Before you dry your hair apply a straightening lotion or cream. This will coat your hair, make it easier to straighten and protect it from the heat of the dryer. I recommend Lanza Strait Line Smoother or my own, Christopher Boyton Smooth 'n Shine Hair Balm. To straighten with your irons - take each section of hair and before you touch it with your irons apply Wella High Hair - Flat Iron Spray - this product protects your hair from heat and smooths and shines your hair.

"Other excellent products for finishing when your hair is straightened are Sytem Professional Ends Express and Fluid Crystal - these products can be applied to wet or dry hair but I prefer to use them on dry hair for extra shine and anti-frizz effect. Each of the products I have recommended plays its part in the final look and most importantly to the condition of your hair. It's a lot of products but I believe the look and condition of your hair is worth it."



Jane Barrett
Fitness Instructor

Jane Barrett, Fitness Instructor, Spindles

I've seen loads of people using these huge gym balls. They look very awkward. How do they work and are they really that good?

Gym, Adelphi Hotel, Liverpool answers: "Spring is here and the time has passed for good intentions. NOW is the time to get fit to show off those wonderful new spring fashions with confidence. A great way to keep up the good work away from the gym is to invest in a Swiss ball to keep fit and healthy on homeground. These exercise balls are great aids for abdominal work, stretching and improving balance and posture. If you suffer with lower back problems these Swiss balls can really help to support you during exercise. Lying face down over the ball raise up from the waist to stretch the abdomen, hold and relax. Completing sets of these whilst watching



Vicky Derby
Beauty Consultant

Beauty Therapist, Vicky Derby, of Anne Roberts Hair and Beauty, answers: "The best way to apply fake tan is to build it up over a few days to achieve a glowing bronzed look rather than the dreaded Donatella Versace look! The best time to apply self tan would be in the evening. If applied during the day, under makeup, it may disturb the product causing an uneven effect.

"The first step is always to exfoliate thoroughly using a product that is not too

abrasive on the face. Clarins Exfoliating Refiner is excellent at removing dead skin cells without damaging the skin's surface. This should be applied to damp skin and then cover the whole face with small circular movements using the fingertips. Make sure not to miss any areas as self tan loves to cling to dead or dry skin, giving a patchy effect. If you have dry skin you should then apply a moisturiser. It is better to use a lotion rather than a cream as this will be absorbed better - creams would dilute the self tanning product and possibly cause streaks. If you have a combination to oily skin it is best not to apply any moisturiser at all before the self tan.

"The key to a natural looking facial self tan is the product used. If you aren't very confident then Clarins Liquid Bronze is perfect. This is a lovely light liquid that is easily applied with a cotton wool disc - this avoids staining your hands or nails - which is always a dead giveaway! It absorbs quickly and produces a natural looking healthy glow. Using the cotton wool pad apply the product in long swipes across working down from the forehead (imagine that each swipe is slightly overlapping the previous one). Don't forget to take the self tan right down your neck and onto your decollete. Just remember to wipe through your eyebrows and hairline with a dry cotton wool disc after application to avoid the product clinging to them. If you have downy hair on your lip or at the sides of your cheeks it is also advisable to gently wipe over these areas to remove any

What is the best way to apply fake tan on your face? I don't want any streaks!

Envy is giving you the chance to ask our experts questions on nutrition, skincare, fitness, haircare and taking care of your teeth. If you've got a question you want answering write to us at: Ask the Experts, Envy, Haymarket Court, Hinson Street, Birkenhead, Wirral, CH41 5BX or email: clawler@wirralglobe.co.uk

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Designer shoppers united at Cricket on Tuesday, March 13 to toast its most famous customer Coeleen McLoughlin. Celebrating her autobiography, 'Welcome to my World', reaching the number one hardback bestseller, Coeleen looked radiant as she mingled with family and celebrity friends at her favourite store. The book tells of how she coped growing up in the celebrity spotlight as the girlfriend of top footballer Wayne Rooney



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