



betteryou
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4 **define your pout**
 You can appear years younger simply by giving your lips a defined shape. The edges of your lips naturally soften with age so they become less youthful-looking. The solution is to define them with a long-lasting lipstick, or use a lip pencil. A lip brush is another excellent way to neatly apply your lipstick. Superstay Lipcolor, \$20.50, Maybelline; Lipfinity Lip Colour, \$30.95, Max Factor

5 **go through your wardrobe**
 Commit to a wardrobe cult and get rid of all those clothes you don't feel happy wearing, especially colours and styles that aren't flattering. Then you'll never again be caught out feeling less than comfortable or confident.

6 **look after your hair**
 Treat your precious crowning glory to an intensive treatment. Sometimes it feels as if the look of your hair can make or break your day, so take charge and give your hair a regular conditioning boost. It's vital if you want your hair to be shiny, healthy and well behaved – just make sure you use a product that's right for your hair type and condition to achieve the maximum results.

7 **accentuate your brows**
 Fabulous eyebrows make a big impression. And, even if you've spent years over-plucking, it's still possible to have eyebrows. The best brow shape starts directly above the inner corners of your eyes, so step back occasionally and check the balance. If they've lost their colour and thickness, fill in the gaps with a brow pencil that matches the colour of your hair. Brow and Lash Mascara, \$14.95, Natio; Glimmersticks Brow Definer, \$16.99, Avon; Eyelash and Brow Dye Kit, \$18.99, 1000hour.

8 **go for glow**
 Add a touch of radiance to your complexion and let it glow. Fresh, healthy-looking skin is more attractive, so dust on a skin brightener, focusing on your cheeks, temples and jaw line. Brush on Radiance, \$36.95, The Body Shop

9 **Get leggy with it**
 Having smooth, tanned legs is sure to make you happier about doing the big reveal. Start by waxing, shaving or, for a quick fix, use a depilatory product to remove unwanted hair. Wait a day, then use a gentle scrub to smooth away dry patches and finish with an application of fake tan. Your legs will feel sensational to touch and the colour will help them look slimmer, too. Suprem' Essence In-Shower Hair Removal Cream, \$10.99, Veet; Wax Strips For The Body, \$13.95, Andrea.






