

Red

JANUARY 2010 £3.50
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ENTERTAINING SPECIAL

Friends LIZZ & festivities

the ultimate guide to having
house full - and loving it



**TOO BUSY
TO LOSE
WEIGHT?**
Your bespoke eating
plan starts here

Downsize
your to-do
list & get
more done

LOVE THERAPY

A grown-up's
guide to getting
over a break-up

Yasmin
Rewrites the
style rules

PLUS Get her perfect
LRD right here

50 BEST BEAUTY BUYS 2010

ALL
UNDER
£20

low-cost, high-performing products the experts swear by

PLUS: THE £1.11 SKIN SECRET INSIDERS LOVE



Red BEAUTY

Edited by Rosie Green

ORIGINS STARTING
OVER AGE-ERASING
MOISTURISER, £34.20



IF YOU ONLY TREAT
YOURSELF TO ONE THING
THIS MONTH...

NATURE'S HOTTEST ANTI-AGER

Origins' new mega moisturiser is so choc-full of natural ingredients, its label reads more like a salad bar than a supercream. But beyond the botany there's serious science: it's clinically proven to boost collagen and improve tone, to leave skin smoother,



Red
BEST OF
BEAUTY
2010

The 50 best BUDGET BUYS 2010

LOW ON COST, HIGH ON PERFORMANCE, OUR EXPERTS PICK THE PRODUCTS THEY USE EVERY DAY - AND THINK YOU SHOULD KNOW ABOUT, TOO

When it comes to beauty products, inexpensive doesn't mean ineffectual.

The millions made by mass-market brands are routinely ploughed back into their laboratories, positioning them at the forefront of research, innovation and consumer testing.

'Unilever, Procter & Gamble, L'Oréal and Johnson & Johnson

(think Olay, Garnier and Neutrogena) all manufacture products that are well-formulated, well-tested and won't break the bank,' says eminent dermatologist Dr Nick Lowe. His thoughts are echoed by *Red's* beauty board of make-up artists, facialists and hair stylists, who have picked a plethora of budget buys that outperform their more costly counterparts. Vive la cheap thrill!

The *Red* beauty board



FROM TOP LEFT: Vanda Serrador celebrity facialist Wendy Lewis plastic surgery consultant Nadine Baggott celebrity beauty editor Susan Harmsworth skin expert and founder of ESPA John Vial creative director of salon Real Hair Marian Newman fashion's favourite manicurist Josephine Fairley beauty writer at beautybible.com Ashley Ward international make-up artist Hannah Betts award-winning beauty writer Adam Reed A-list stylist and creative director of Percy & Reed salon Andrea Fulerton celebrity manicurist Mary Greenwell A-list make-up artist Ruby Hammer international make-up artist Zoe Irwin session hair stylist Sam Baker *Red's* editor-in-chief Rosie Green *Red's* beauty director Emma Calder *Red's* acting beauty editor Kim Parker *Red's* beauty writer



£2.59

DOVE THERAPY PRO-AGE FULL AND THICK SHAMPOO

'My latest obsession. It makes my hair silky, without losing any oomph from the roots.' Hannah Betts



£18

BABYLISS PRO CURL 200 TONGS

'One styling tool I always have in my kit - it gives great professional results.' Adam Reed

£5.99

JAMES BROWN LONDON HAIR REVIVING DRY SHAMPOO

'Use this to add texture and volume to my roots - it's brilliant as a last-minute styler.' Emma Calder



£4.49

AUSSIE 3 MINUTE MIRACLE RECONSTRUCTOR

'Deserved of its cult beauty status, because it really works. Whatever your hair woes, this will sort it.' Sam Baker

£3.99

PANTENE PRO V RESTORATIVE POWER SHOTS, FOR FOUR

'Wow-factor products. Such a bargain considering all the research that goes into the range.' John Vial



£2.25

L'OREAL PARIS ELNETT FLEXIBLE HOLD HAIRSPRAY

'A classic you can't go wrong with. It doesn't weigh hair down or make it crunchy and it just brushes out - it really is a beauty product.' Mary Greenwell



BEST OF THE REST

£6.84 **LEE STAFFORD HOT SHOTS 4 BLONDES, FOR THREE** *'Amazing! I use them on blonde hair that's lost its sparkle or turned a little yellow.'* Zoe Irwin

£4.49 **CHARLES WORTHINGTON RESULTS BRILLIANT SHINE SHAMPOO & CONDITIONER, EACH** *'My default shampoo and conditioner - leave hair with salon-worthy shine.'* Rosie Green

£3.99 **HERBAL ESSENCES IGNITE MY COLOUR INTENSIVE MASK** *'If my colour needs a pick-me-up, I always use this. It gives a great gloss.'* Emma Calder

£5.49 **JOHN FRIEDA LUXURIOUS VOLUME THICKENING BLOW DRY LOTION** *'This at-home treatment gives my hair that professional bounce when I blow-dry it.'* Hannah Betts

MAKE-UP everything UNDER £10



£5.86

BOURJOIS LITTLE ROUND POT EYESHADOWS

'Fantastic! The packaging looks great and the colours and textures are beautiful - so light and easy to apply.' Mary Greenwell

£10

URBAN DECAY 24/7 GLIDE-ON EYE PENCIL

'The quality of these pencils defies their price. Super-soft, smudgeable kohl that stays put.' Kim Parker



£12.71

MYFACE MYMIX FOUNDATION

'The sheer texture makes my skin look healthy without any heaviness - it's the only inexpensive base I use.' Mary Greenwell



£4.29

RIMMEL LONDON HIDE THE BLEMISH CONCEALER *'Creamy, easy to apply and great colour tones.'* Ashley Ward



£6.99

MAX FACTOR MIRACLE TOUCH CREAMY BLUSH *'So creamy and sheer, it gives your cheeks an instant pick-me-up.'* Emma Calder



£6.99

MAYBELLINE COLOR SENSATIONAL LIPCOLOR *'Has the texture and colour of a much more expensive make. If you're a fan of lipstick, you'll love this.'* Josephine Fairley



£6

KORRES LIP BUTTER *'An ideal in-between lip product - the colours are as pretty as a lipgloss, but the balmy texture is moisturising, instead of sticky.'* Wendy Lewis

ΔΑΜΑΣΚΗΝΟ

PLUM LIP BUTTER

£9.99

MAX FACTOR MASTERPIECE MAX MASCARA, £9.99 *'The best mascara I've ever used. It lengthens, separates, volumises and doesn't smudge - you can't get better.'* Nadine Baggott



BEST OF THE REST

£5 BARBARA DALY MAKE-UP EYE DEFINE EYE LINER *'Delivers a great thick, inky flick (some liners draw disappointingly pale lines), never pulls your skin and is (almost) goof-proof.'* Rosie Green

£10 JK JEMMA KIDD SPOTLIGHT INTENSE HIGHLIGHT CREME *'Its micro-fine shimmer particles give skin a subtle glow, rather than making you look glittery.'* Kim Parker

£12.60

**NEAL'S YARD REMEDIES
SEAWEED & ARNICA
FOAMING BATH** ☞ *'A true
remedy - soothes sore
muscles, melts away chills
and calms the spirit like
nothing else.'* Kim Parker

BODY & BATH
everything
UNDER £13

£8.80

**THE BODY SHOP LONG
HANDLED CACTUS BRUSH** ☞
*'Brilliant for exfoliating backs,
elbows and knees, and keeping
cellulite at bay.'* Mary Greenwell

BEST OF THE REST

**£8 GOOD WORKS
SHOWER GEL** ☞
*'I love these shower gels
- they make your bathroom
smell like a spa and are
packed with pure essential
oils.'* Sam Baker

**£5.99 NAIR
EXFOLIATING HAIR
REMOVAL CREAM** ☞
*'Brilliant when you're in a
rush or before a fake tan,
as the added exfoliator
primes your skin perfectly.'*
Emma Calder

**£6.99 GILLETTE VENUS
EMBRACE** ☞ *'The best
razor ever. Nicks and cuts
are history.'* Nadine Baggott

£2.15 EPSOM SALTS
*'There's nothing better
to soothe away aches
and pains, or to give your
body and skin a mini detox.'*
Susan Harmsworth

£4.99

**DOVE SUMMER GLOW BEAUTY
BODY LOTION** ☞ *'The ultimate streak-
free fake tan. It doesn't dry out skin
and develops into a great, natural
tan. Plus, it doesn't smell as strongly
as other tanners.'* Wendy Lewis

£1.99

**BAYLIS &
HARDING
HAND WASH** ☞
*'Smells as
delicious as
its much more
expensive
competitors.
It looks chic
sink-side, too.'*
Rosie Green

BAYLIS & H
ENGL

Sweet mandarin