

Real beauty

Sarah Vine

The face in the mirror

Rachael Daw, 30

I have a pale complexion and blue eyes. I wear glasses all the time. How can I make the best of my features for a special occasion?

Want to receive a free beauty goody bag? Send your query, along with a photo of yourself and your name and address, to Sarah Vine, *The Times*, 1 Pennington Street, London E98 1TT, or mirror @thetimes.co.uk. If your question is published, we will send you a selection of beauty treats*

SARAH SAYS: Your glasses are already a very successful style statement and your eyebrows a good, well-defined shape. Because of the colour of your frames, I'd stick with a subtle, natural, translucent shade on lips, such as Laura Mercier Lip Plumper Gloss in Wildberry (£23.49; www.spacenk.co.uk).

Chantecaille's new Just Skin Tinted Moisturiser in Alabaster (£53.85; www.spacenk.co.uk) will give you lightweight and long-lasting coverage, as well as an SPF of 15 – crucial for fair skin such as yours. Add a healthy blush with Benefit's fantastic all-rounder, Dandelion (£22.50; www.benefitcosmetics.co.uk) – a powder that gives the prettiest of rosy glows.

As for your eyes, first dot illuminating concealer such as Lancôme Flash Retouche (£23.50; www.lancome.co.uk) in no. 02 below and in the sockets. Then use a light, pinky-gold shadow such as Laura Mercier Metallic Creme Eye Colour in Platinum (£17.62; www.spacenk.co.uk). Add a soft, smudgy liner such as Urban Decay 24/7 in Bourbon (£10; www.boots.com) – a deep brown with a hint of gold. Finish with a good black mascara to define and thicken lashes without clumping.



Token male

Luke Leitch



Why settle for standard-issue teeth when you can flash a set of pearly whites that would make even an American proud?

It is a pretty one-sided conversation. After a fleeting topical preamble – Mervyn laments Kevin Pietersen's injury until I hold up a note saying, 'I'm Australian' – we proceed to the subject at hand: teeth.

Back in the last century, dentists Mervyn Druian and Ken Spektor, based in Belsize Park, London, imported the first teeth-whitening system to Britain. These days, you can bleach your chops almost anywhere: lots of dentists offer whitening treatments, there are over-the-counter products aplenty and now beauticians have started buying in the equipment.

"I just saw an ad placed by this guy who's a painter," laments Mervyn. "He does a bit of tooth-whitening on the side. People opt for these treatments because they're cheap, but they don't consider the potential complications." And those over-the-counter jobs are no better. "They can burn your gums or remove the surface of your teeth."

At this, I nod sagely, then drool slightly from the side of the plastic guard holding my mouth ajar. I am mid-whitening, courtesy of a new system called Wy10. It takes about half an hour and, apart from the cost (£475), is completely painless. As I wait for the activated peroxide to work, Mervyn runs through a few more teeth truths: a Braun Oral-B electric toothbrush is the best tool to keep them gleaming, and a mouthwash called Retardex is the one to go for. Post-treatment, my teeth are three shades lighter. ■

The London Centre for Cosmetic Dentistry:
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TAKE ONE PROBLEM: Cold sores

Cash



Cymex Ultra (£3.99; www.cymex.co.uk) is a five-day treatment to tackle cold sores – most effective when used at the first sign.

Credit card



Compeed Total Care Cold Sore Patches (£6.84; www.compeed.co.uk) disguise cold sores, reduce redness and promote healing.

Mortgage



Light emitted from the Boots Electronic Cold Sore Treatment device (£34.99; www.boots.com) boosts local immune response.