

GOOD LOOKS

DIY vs



BEFORE



LEIGH SPENT

£333

ON DIY
TREATMENTS

SALON

JUST HOW MUCH DO YOU NEED TO SPEND TO LOOK GREAT?

Beauty updates can cost a fortune. But is it better to be pampered by professionals, or can cheaper do-it-yourself treatments be just as good? We asked two readers to help us find out - one made salon visits to leading anti-ageing experts while the other tried beauty gadgets and lotions designed for home use...



BEFORE

CHRISTINE SPENT
£2,225
ON SALON TREATMENTS

TURN OVER TO LEARN HOW THE TREATMENTS ADD UP



Blown away: Leigh found the TRESemmé dryer much better than her old one



Going for glam: Toni & Guy tongs add curl and shape to Leigh's style



Firm up: The Sanctuary's home facial makes skin look fresher



A helping hand: Sally Hansen nail treatments give great results

EXPERIMENTING WITH DIY

TIME SPENT 8 hours
MONEY SPENT £333.27

LEIGH FALCO, 50, IS A PA AND HAS A DAUGHTER, DANIELLE, 30.



'I think I look younger than my age, but I do look after myself,'

says Leigh. 'I've used Crème de la Mer skincare and facials for the past five years. It's very expensive, but it works for me. I also have my thick and curly hair straightened every six months using the Yuko system, which costs around £220. I don't use much make-up - just lipstick for work and blusher and eyeliner if I'm going out. I worry about foundation sinking into my creases.'

THE PRODUCT

John Frieda Precision Foam Colour, £9.99, available nationwide

Home hair colour can be an instant youth booster. Nicola Clarke, creative colour director at John Frieda, advises you stay within two shades lighter or darker of your natural colour for the most flattering effect - and less obvious re-growth.

LEIGH SAYS

'It's simple to use and much less messy than I remember home hair colour being. It gives good grey coverage and didn't stain my skin. However, I'm not sure I chose the right colour - the dark brown I used has made my hair look almost black, but it is very glossy, and the colour is even.'

THE PRODUCT

Nutrasonic cleansing system, £124.95 (0844 848 2054) Sonic cleansing claims not only to clean more deeply than manual cleansing, but also to exfoliate more

gently than salon microdermabrasion.

LEIGH SAYS

'This immediately made my skin look and feel fabulous. There's even a waterproof body brush included so you can use it in the shower.'

THE PRODUCT

Legendary Eyes EyeSlices Biotanix, £12.95 for a pair that can be used up to 10 times (available from www.victoriahealth.com)

A more sophisticated version of the traditional cucumber slices.

LEIGH SAYS

'These kept sliding off, but did seem to reduce puffiness - perfect for the morning after.'

THE PRODUCT

Transformulas Eyelifting Gel, £21.50 (0845 1133 888)

Works to improve the long-term elasticity of skin around the eyes and gives an immediate lifting effect.

LEIGH SAYS

'I didn't see an instant change, but the skin

around my eyes has become firmer and brighter after a few weeks.'

THE PRODUCT

Sally Hansen Maximum Growth, £4.25, and Sally Hansen Cuticle Massage Cream, £3.95, available nationwide

Silk protein-containing Maximum Growth formula claims results in a week.

LEIGH SAYS

'I don't usually use at-home nail care products, but I will definitely continue with these - I have seen an amazing difference in a short space of time.'

THE PRODUCT

Eylure lash selection, including Lash Extend single lashes, £5.95, and The Collection Strip lashes, £7.50, available nationwide

To fatten and lengthen sparse lashes and open up the eyes.

LEIGH SAYS

'I wear contact lenses, and found these very tricky to apply - a magnifying mirror is a must. But when I did get it right, I loved the effect



The eyes have it: Eylure false lashes boost your natural assets

Online expertise: websites can help with advice



Colourful life: Leigh found John Frieda hair colour very simple to use

of the individual lashes.'

THE PRODUCT

The Lift, £78.25 for 10 uses (available from www.gelisy.com)

Claims to lift and firm the skin in 20 minutes - with results lasting up to two days.

LEIGH SAYS

'This was a bit like having an old-fashioned egg-white mask on my face. It made my skin look much brighter and the results lasted all day, but not the promised two.'

THE PRODUCT

The Sanctuary Spa Youth Boosting Facial in-a-box, £16, Boots nationwide

A 30-minute treatment complete with five products, tips, diagrams and techniques to recreate the spa's Youth Boosting Facial in your own bathroom.

LEIGH SAYS

'I enjoyed using this. The products have lovely smells and textures, the instructions were easy to follow and my skin

looked plumped up and luminous afterwards. A youth boost and good alternative to a luxury salon facial.'

THE PRODUCT

Toni & Guy Jumbo Wave & Curl Tong, £19.99 (www.toniandguy.com) and Tresemmé Salon Professional Lightweight AC2000 hairdryer, £27.99, available at Argos and Boots

These new salon-inspired hair appliances were picked for their looks, price and technology.

LEIGH SAYS

'The tongs were good for creating both natural waves and larger curls for a more glam style. And I loved the dryer, which is lightweight and easy to handle, so I got a better blow-dry than with my own one - I hadn't realised how old-fashioned it was!'

THE PRODUCT

Beverly Hills Formula Sensitive Toothpaste, £3.99 (020 8563 8887) Designed to remove 90% of tooth stains in one

PRICE LIST

COLOUR	£9.99
CLEANSING SYSTEM	£124.95
EYES	£47.90
NAILS	£8.20
SKIN	£94.25
HAIR	£47.98
TOTAL	£333.27

minute, this also strengthens the teeth.

LEIGH SAYS

'I always avoided tooth whitening as I have sensitive teeth, but this didn't make me wince once! I have seen a slight improvement over a couple of weeks. I'll keep using it.'

GH SAYS... SPLURGE

- ◆ Get a good haircut at least once a year
- ◆ Pay for occasional eyebrow shaping so you can follow the results at home
- ◆ Do have a professional treatment you enjoy once in a while - pampering is good for the soul

SAVE

- ◆ Have a free make-up lesson at your favourite beauty counter or get tips from websites such as www.lisaeldridge.com
- ◆ Colour your hair at home, but only if you keep within one or two shades of your natural colour
- ◆ Make time for home facial treatments
- ◆ Avoid alcohol and late nights and keep your weight constant - your skin will naturally look more youthful and need less help!

DOES THE DIY ROUTE WORK?

'I really rated The Lift, the Sanctuary Spa facials and the nail treatments, and also liked the eye products. I was surprised at how many products deliver great results, but of course it's trial and error - and time and money - to find the ones that work for you. You really can give yourself a DIY makeover, though. I certainly think I'm looking a little fresher and younger - and my daughter agrees.'

LEAVING IT TO THE PROs

Careful waxing
above and
below the
brow creates
a neat line



Creams and goggles
protect skin and
eyes during teeth
whitening



Christine admits she
would struggle to
apply false lashes
on her own, so
thought having
them applied would
be great for a
special occasion

TIME SPENT **11½ hours***
MONEY SPENT **£2,225**

*plus eight hours travelling to appointments

CHRISTINE HALL, 59, IS A TEACHER. SHE IS MARRIED TO ALAN AND THEY HAVE TWO DAUGHTERS, LUCY, 24, AND CHARLOTTE, 22.



'I certainly don't intend to give up on my looks as I get older - it's important for self-esteem to make the most of yourself,' says Christine. 'My thick hair is one of my best features, but I have trouble managing it myself as it takes a long time to blow-dry and the colour looks blocky. I try to have regular facials, and always cleanse and moisturise at home, but regularly swap brands. I'm stuck in a rut with make-up, though, so that needs a total rethink.'

THE TREATMENT

Blink and Go lashes with lash technician Jane Tindall at No 1 Harley Street, London W1, from £55 (0845 644 3994; www.blinkandgo.co.uk)

Lashes are applied individually and last an average of 7-10 days.

CHRISTINE SAYS

'These are fantastic, and I think they make my eyes look wider. They're a bit expensive, but great for special occasions.'

THE TREATMENT

Eyebrow wax and tidy with Rebekah Crossgell, brow specialist at Estée Lauder Brow Bar in Selfridges, £15, redeemable against purchase (0870 034 2566)

Christine's brows were trimmed with scissors, then waxed underneath, above and in between. Any stray hairs were plucked. Rebekah also used Estée Lauder's Brow Pencil in Soft Blonde, £16.

CHRISTINE SAYS

'Having my brows professionally done made such a difference to my face - friends and family noticed the change.'

THE TREATMENT

Full head of highlights at

Daniel Galvin, London W1U 7ET (020 7486 9661), £185. Prices start at £120.

Christine was given caramel and honey tones with light-brown reverse lights through the top to make the colour look less solid. 'It looks more natural and helps disguise grey,' says colourist Chloe McNeill. 'It should be less high maintenance, too, as the colour is better balanced.'

CHRISTINE SAYS

'My hair looks much more natural - definitely worth the money, even if it's just for a one-off visit to rebalance or correct the colour of your hair.'

THE TREATMENT

A haircut at Michael Van Clarke, London W1G 6DF (020 7224 3123; www.vanclarke.com), £295 for a first appointment with Michael (£225 thereafter). From £47 for a graduate stylist

Christine's existing cut made her hair seem too flat on the top and too bulky at the sides. 'Solid, stiff styles subconsciously say old,' says Michael. Christine's hair was cut dry, which is technically harder than cutting wet,

but Michael maintains it gives better results, as a professional blow-dry can disguise a bad cut. 'I've created a strong outline with layers around the face to soften the cut and lift her features,' says Michael.

CHRISTINE SAYS

'Michael really knew what to do with my hair - I've washed it myself since and it's perfect. It naturally falls into a great shape and I can style it in a couple of different ways.'

THE TREATMENT

Botox, from £280, and Juvéderm fillers, from £250, with Dr Dan Dhunna at Court House Clinic in Brentwood, Essex (0845 555 5050; www.courthouseclinics.co.uk)

To relax Christine's frown lines and soften her crow's feet, Dr Dhunna treated them with Botox. He feels that if only the upper face is treated that it can look too obvious, so he also gently softened Christine's nose-to-mouth lines using Juvéderm Ultra. The filler has anaesthetic built in and should last a year or so.

CHRISTINE SAYS

'I am anti-cosmetic surgery and Botox is a



Make-up artist Louise Constad: 'Many women over 40 wear thick eyeshadow – rather than emphasising eyes, it simply ages you'



Christine was given a full list of her make-up, with samples of each product, on an illustration to take away with her



Hairdresser Michael Van Clarke: 'Rather than long at the front and shorter at the back, Christine's hair is now longer at the back than it is at the front, which makes her hair appear more youthful'

halfway house to me, so I was very nervous, but it was quick and painless and gave a good result. My face is a bit tight where I had the injections, but it certainly doesn't feel frozen. The filler in the lines from my nose to mouth didn't hurt as the area was numbed with cream – it just felt a bit like a session at the dentist. It has softened the lines and, the more I look, the more pleased I am!

THE APPOINTMENT
Britesmile Teeth Whitening with Dr Tim Bradstock-Smith at the London Smile Clinic, £795 (020 7255 2559; www.londonmile.co.uk)

First, a barrier serum was placed around the gums and a masking cream applied to the lips to protect them. Using a paintbrush, whitening gel was applied to each tooth before a blue wavelength light activated the lightening process. This was repeated four times. Christine was also given a take-home whitening kit.

CHRISTINE SAYS
'I have a crown in one of my front teeth so I couldn't go too light with

the others (porcelain doesn't bleach lighter than its original shade), but it's still a noticeable result. It's a lot of money, but good teeth do make you look healthier and younger.'

THE APPOINTMENT
A personal make-up lesson with make-up artist Louise Constad, £250 per person for three hours in groups of two or three, £350 for a one-to-one in central London, or £500 plus travel expenses from London for a one-to-one at your home (www.beautyqueenworkshops.com)

Louise used Bobbi Brown Foundation Stick, £26, mixed with moisturiser to even out Christine's skin and give a natural finish. Bobbi Brown Concealer, £16.50, was applied with a brush around the eyes,

then Benefit Dandelion blusher, £23.50, was put on while Christine's foundation was still slightly wet for a dewy look. Peachy tones are best as you get older – a tip Louise got from Tina Turner! For Christine's eyes, Louise chose Guerlain Ombre Éclat Eyeshadow in 481 Bronze Doré, £36. A mid-brown/rust was used on the socket and lid, with a flesh-coloured shadow along the inner corners and bottom to widen the eyes. Louise used a brush to line under the lower lashes with shadow, then finished with Clinique High Impact mascara in black, £14.50.

To fill out lips, MAC Spice lip pencil, £10, was applied over the entire lip

area, then Givenchy Rouge Inderdit Satin Lipstick in Only Beige, £17.70.

Finally, Louise removed Christine's make-up from one side of her face so Christine could practise reapplying it herself.

CHRISTINE SAYS
'This was inspirational. I could see everything Louise was doing and she gave me lots of tips – it was worth every penny. This service would make a great treat for yourself and a friend.'

SHOULD YOU GO PRO?

'I know I couldn't have got such dramatic results with a DIY makeover. Most of all I loved the hair – the right colour and cut make all the difference. Louise's make-up lesson was invaluable, and the professional brow treatment was surprisingly effective. I'm also really impressed with the fillers and much less anti-cosmetic procedures than I was before.' □

PRICE LIST

LASHES:	£55
EYEBROWS:	£15
HAIR COLOUR:	£185
HAIRCUT:	£295
BOTOX AND FILLERS:	£530
TEETH WHITENING:	£795
MAKE-UP:	£360
TOTAL:	£2,225