



# What's in my make-up bag?

**Alice Eve**  
Actress



**Self-Tan Bronzing Spray** £20.50 by *St Tropez*, from [harrods.com](http://harrods.com). Easy to use, this gives a perfect finish

**Nettoyant Creme** £32, by *Yon-Ka* ([yorkashop.co.uk](http://yorkashop.co.uk)). I have used this religiously, morning and night, for 20 years



**Volume & Bounce Root Lift Powder** £5.99, by *Charles Worthington*, from [boots.com](http://boots.com). When my hair needs a pep-up I just sprinkle this in

**All Purpose Skin Cream** £25.50, by *Egyptian Magic*, from [cultbeauty.co.uk](http://cultbeauty.co.uk). I've used this as a night cream ever since a make-up artist told me about it



**Bio Kaajal Kajal Eye Definer** £10.99, by *Biotique*, from [amazon.co.uk](http://amazon.co.uk). This gives a really glossy yet smoky effect. I buy it in bulk

## THE TREATMENT

### Ila Ananda Face Therapy

• This blissful facial works on specific healing areas of the face to maximise blood flow and energy levels. The beautifully fragrant face oils gently brighten the skin, and a deeply relaxing shoulder and head massage leaves you with a rested, youthful glow. £82.50 for one hour, at *Ockenden Manor*, West Sussex ([hshotels.co.uk](http://hshotels.co.uk))



## INSTAGLAM

This week we're following... **PaulEdmonds217**  
*aka Paul Edmonds, hair stylist*



1. A great mix of Essie nail colours done in the salon today.
2. Hair to hold on a blustery weekend: the curving ladder braid.
3. I love this red bob with curls, it's so glamorous.
4. Backstage at Fashion for the Brave.

## Beauty Icon

Frizz-Ease by *John Frieda*

An apprentice to Vidal Sassoon's protégé Leonard Lewis in the late 1960s, the celebrity stylist John Frieda worked his way up via magazine shoots and A-list sessions to open a salon in 1976, aged just 25. He was named Hairdresser of the Year in 1989, but it was from haircare products that Frieda made his fortune. Nothing on the market then could create the sleek look of a professional blow-dry,

so when Frieda used his first product, a thickening lotion, in a live demonstration on British television in the late 1980s, switchboard pandemonium ensued.



This provided the encouragement Frieda needed to develop the product that would make him a household name: Frizz-Ease. The serum, which flew out of stores in Britain upon its launch in 1990, did exactly what its name implied. Answering a common concern for women with straight or curly hair, a couple of drops were enough to create a salon-worthy finish at home. It is now Britain's bestselling hair serum. ●