



What's in my make-up bag?

KIRSTY GALLACHER
Television presenter



Deep Relax Bath and Shower Oil £40, by *Aromatherapy Associates*, from *uk.spacecn.com*. Having a hot bath with this oil, which smells amazing, is incredibly rejuvenating after a busy day at work

Hoola Bronzing Powder £23.50, by *Benefit* (*benefitcosmetics.co.uk*). I've used this since I was a teenager and love it – it gives the skin a beautiful glow. I carry it with me everywhere



Glycolic Fix Exfoliating Facial Pads £12.95, by *Nip + Fab*, from *asos.com*. Great for removing thick TV make-up



Thermal Spring Water £6.50, by *Avène*, from *boots.com*. I spritz this over my face after doing my make-up or using a night cream. It's also good for refreshing yourself throughout the day, hydrating and keeping my skin clear



Rejuvenating Hand Cream £18, by *Espa*, from *liberty.co.uk*. This works wonders for me. With kids and pets, I really struggle to keep my hands soft

INSTAGLAM

This week we're following... **jennidraper77**

aka *Jenni Draper, manicurist*

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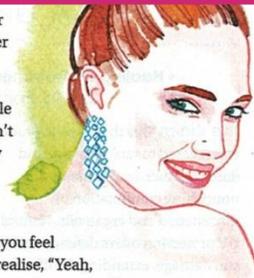
1. Trying to find the right palette and the latest... Orly... such a fun shoot... So t... lo

Rites of Beauty

Amber Le Bon, model

When I was a child my middle sister and I would use our younger sister as a live doll. We used to put my mum's make-up on her and she would sit there looking like the happiest little girl while we played. Now she's all grown up and I can't really put make-up on her anymore. Beauty is what I grew up with and what I know, what I've been surrounded by. I adore make-up and I'm always buying more.

I think the biggest transformation is in how you feel about yourself. If you're going out and you realise, "Yeah, I've got really good eye make-up on tonight," or your hair is looking amazing, it makes you feel so much better about yourself. As soon as you're feeling confident you give off an aura, and even if you aren't looking that great it makes such a difference. That's probably my biggest beauty secret: just doing what makes you feel amazing. ●



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THE TREATMENT

Elemis LED Blemish Control Facial
● Elemis's Biotec facials are things of wonder. This one, designed to reduce breakouts and clear pores, begins with an electronic scan to map problems with texture, redness, wrinkles and sun damage. Then comes an ultrasonic peel to decongest the skin, followed by light therapy to blast the bacteria that cause blemishes. From £60 for one hour (*elemis.com*)



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