

THE BIG DEBUT: GLAM GIRLS, GOWNS AND GATHERINGS

IMAGE

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PERFECT NEW PERFUMES

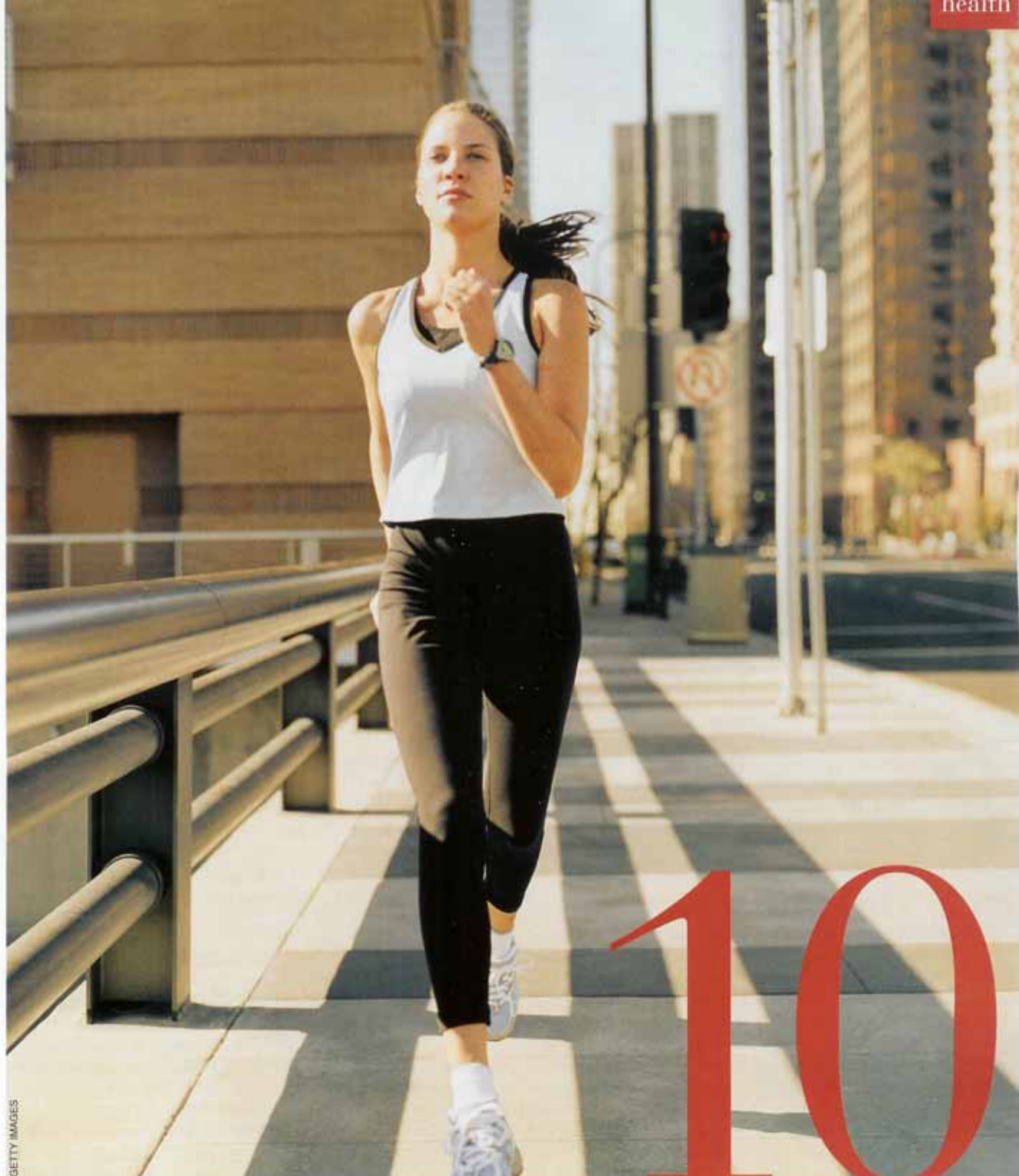
VIKTOR & ROLF
THE STYLISH SURREALISTS

**JOSEPHINE
HART**
WHY POETRY MATTERS

**CREAM
OF THE CROP**
fashion gets feisty

**FUNCTIONING
DEPRESSIVES
KEEPING UP
WHEN DOWN**





GETTY IMAGES

WAYS TO GET FIT FOR CHRISTMAS

Never underestimate the stamina needed for the festive season. **FRANCES POWER** has the latest – and best – ways to get you in shape fast.

8 Titan Tummy Tuck From NYC comes a hot treatment perfect for new mums tackling sagging skin in the tummy area or those who have lost weight but not toned or tightened. Titan uses six-second blasts of infra-red light to heat the collagen under the skin, stimulating new collagen production and contracting skin. "Some people see immediate results, for others the effects build over time as collagen production increases," says aesthetic doctor Peter Prendergast of Venus Medical Beauty, the only clinic in the country with the technology. "It's not surgery, there is no needle, no incision and no downtime. You will experience mild redness for an hour, that's all." Ideally, two to three sessions bring the best results. Titan, from €1,000 per 45min to 1 hour session at Venus Medical Beauty, Heritage House, Dundrum Office Park, Dundrum, Dublin 14, 01 296 2747.



9 Boot Camp Catwalk models swear by a stint at bootcamp in the run-up to fashion week because, fast and just a little furious, boot camp gets results. Think Demi Moore in *GI Jane*, with circuits, press-ups, interval training, aching muscles and cocktail-dress biceps. Irish Bootcamp is taught by army-trained instructors, so don't expect an easy jog. Do expect lots of fun and upbeat motivation techniques. Sessions run for an hour, rain, hail or shine (though largely indoors in winter), €90 for six weeks; contact Lorraine on 086 383 6020; www.bootcampireland.com to enlist.

10 Look out for ... The woman who likes her heels will love the latest fitness fad – the Stiletto Strength workout. Yes, really – not trainers, stilettos. It began in New York (where else) and has spread to London's hottest studio, Gymbox in Convent Garden. First comes half an hour of cardio and core-strength-building, followed by 15 minutes with heels on, learning to walk the walk (Naomi Campbell's strut is the role model, apparently). Why do it? Well, it shapes calf muscles, works the abs – it's all in the abs – improves posture (with heels) and, of course, party poise. Check it out on www.crunch.com, just don't tell your podiatrist.



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FIT FOR A QUEEN: WHITE LEATHER

VANITY CASE, €1,118, BY ASPINAL OF LONDON

BASE NOTE New Giorgio Armani Designer Shaping Cream Foundation SPF20, €65, is smoothing, lifting and contouring technology at its best, with brilliant coverage too.



THE NUTRIX STORY

Launched in 1936, Lancôme's first skincare product remains a time-honoured remedy for razor burn, sunburn, windburn, nappy rash and cuts. In World War II, Nutrix Cream (with lashings of lanolin) was even used on burns victims in UK hospitals. The original cream, €52.50, is now joined by Nutrix Royal Fluid and Cream, €47 each, updated formulas with royal jelly and shea butter for very dry skin.



"NUTRIX"
LANCÔME
*une grande de son temps
et sans égal.*

VANITY CASE

Nostalgic compacts, new hues and macho scents; by LEESA MAHER.

Beauty insider My top five treatments this month ...



1 Laser Genesis, from €600 a treatment, at Venus Medical Beauty, left. I am loving this laser therapy, performed here by a top Irish surgeon (no less), which helps smooth bumps and imperfections, tightens pores, reduces fine lines and redness.

A heat treatment (but not at all painful), it works deep down to kickstart collagen and cell renewal. In four to six treatments, you'll notice a dramatic improvement in tone and texture



2 Caribbean Coconut Melt, €80, 75 minutes, at Carrigg Beauty Salon & Spa. This full body massage uses a delicious body butter, developed by salon owner Noiren Carrigg (a regular IMAGE Beauty Awards judge), left, with organic coconut and chocolate. The combination of reflexology, deep tissue and Indian head massage relaxes, restores and revives. Make time for this, I beg you

3 Mandi Lulur Ritual, €180, two hours, at Serenity Day Spa, a pre-wedding ritual from the royal palace in Java, features a full body massage, then you are covered in a chalky milk of jasmine, turmeric and herbs (the "lulur", imported from Indonesia) that dries and is buffed off (a dry exfoliation) before a final coating of natural yoghurt to restore skin's natural pH. Finally, a bath of blossoms awaits

4 Aveda Spa Hair Treatment, €70, at Whetstone, South Anne Street, Dublin 2. This is a potent sensory experience and intensive "facial" for hair. I could not get over the difference Aveda Damage Remedy (left) made to my lank locks – bounce and body like you wouldn't believe. Treatments are tailored to individual hair concerns

5 Cellutox Ocean Wrap, €120, at The Sensory Spa, Mount Wolseley Hilton, Tullow, Co Carlow, below left. A five-star body smoother at this new golf and spa retreat, expertly performed by South African spa manager, Preesha. Juniper and lemon, in a seaweed mask, gets lymph, cellulite and fluid moving.

Brilliant for heavy legs and ankles. All this, along with delicious massage and a lol on a dry floatation bed. Worth a visit.



PAST PERFECT These limited edition Elizabeth Arden Colour Intrigue Eyeshadow Quads, €36, were inspired by *The Pageant of Beauty*, a 14-panel mural by artist Clara Fargo Thomas, commissioned by Miss Arden in 1935. It celebrated iconic beauties like Queen Nefertiti of Egypt, Mumtaz Mahal, the favourite wife of Shah Jehan of India and the inspiration for the Taj Mahal, and "The 20th Century Woman" – at least, Arden's vision of her in the 1930s. Under the lids you'll find sueded browns, plums and neutrals.