

Special report: What the modern family really looks like...

PSYCHOLOGIES.CO.UK

# PSYCHOLOGIES

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UK EDITION **MAGAZINE**

**IT'S OUR BIRTHDAY!**

**100<sup>TH</sup>  
EDITION**

**OUR BEST BITS:**

- LOVE BETTER
- BE BRAVER
- DREAM BIGGER
- GET UNSTUCK

**WHY YOU'RE  
STILL SINGLE**

See page 52

**18-PAGE SPECIAL**

**Celebrate  
your year!**

**WHAT WERE YOUR LIFE LESSONS IN 2013?**

**WHY YOU ARE MORE SUCCESSFUL THAN YOU THINK**

**+ TAKE THE TEST: WHAT'S REALLY DRIVING YOU?**

**NICOLE  
KIDMAN**

"I try not to  
be a control  
freak"

**WELLBEING**

**MIND YOUR  
BACK**

New ways  
to heal

+

**THE TRUTH  
ABOUT  
SELF-ESTEEM**





# >>> GOOD THINGS IN SMALL PACKAGES

GIVING THE PERFECT GIFT DOESN'T NEED TO COST THE EARTH, AS **VIOLA LEVY** EXPLAINS

I have never really understood the whole point of Secret Santa. People think it's a convenient, budget-friendly option for those of us who are too cash-strapped or busy to buy individual gifts for people. But I often find that I agonise over choosing what in the end turns out to be an impersonal present for someone I don't know very well. It seems so futile, when, apart from birthdays, Christmas is an opportunity to show friends and family how much you care for them through the effort you make in thinking of the perfect gift, big or small.

When it comes to the majority of my friends, giving presents doesn't usually extend beyond the dreaded Secret Santa, or buying a round in the pub on Christmas Eve. But even so, I've learnt a thing or two from my mother, who has honed the art of finding small yet interesting gifts.

When I was younger, I used to find all sorts of interesting knick-knacks in my Christmas stocking: some Lego, sweets and cute stickers, as well as books my mum used to read herself as a child. As I got older and started to become interested in beauty, my Christmas stockings began to have a beauty element to them, too. I have my mother (a former make-up artist) to thank for my love of lip balms, face mask sachets and also my ability to apply blusher correctly. I'm forever grateful to her for introducing me to kohl eyeliner, which turned me from a nerdy, bespectacled teenager into a sultry 90s grunge girl of Winona Ryder proportions (or so I liked to think).

Investing a little thought into our gifts means that Christmas doesn't have to be a stressful, bank-account-draining exercise. It could be a flattering shade of glossy lipstick, an eye-catching nail polish, or a cute lip balm to pop in a handbag. An old flame once gave me a book on dinosaurs for Christmas, as I mentioned I loved visiting the Natural History Museum as a child (I still have the book). That meant more to me than the expensive lingerie, in the wrong size, given by past boyfriends.

So, for this year, I'll be writing up a gift list packed with inexpensive, fun and thoughtful beauty buys, in the hope that they will be met with as much excitement as my own 'beauty stockings' all those years ago.

“Christmas is an opportunity to show someone how much you care”



Maybelline Master Kajal Eyeliner in Pitch Black and Oriental Gold, £5.99 each

NARS Voyeur Larger Than Life Long-wear Eyeliner Coffret, £30



Lulu Frost for  
Bobbi Brown  
Old Hollywood  
Compact, £85



Trilogy  
Botanical  
Body Wash,  
£16.50



Clinique  
Whole Lotta  
Candy Lip  
Balm Set,  
£20

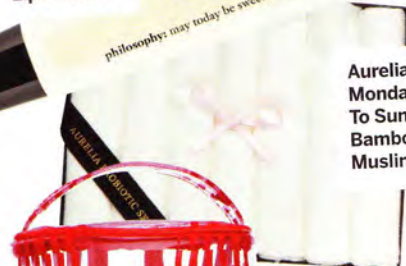


Marc Jacobs  
Honey Solid  
Perfume  
Necklace,  
£34

Philosophy  
Fresh Cream  
Lipshine, £10



Aurelia  
Monday  
To Sunday  
Bamboo  
Muslins, £18



Soap & Glory  
I'm Your  
Manicure!  
Kit, £14



## Branching out

ADD THESE BAUBLES WITH  
BENEFITS TO YOUR TREE

- 1 Ciaté Tree Trinkets, £30/for 4
- 2 This Works Beauty Balls  
Sleep Balm, £12
- 3 Lush Winter Garden Bauble, £17.50
- 4 Mavala Christmas Bauble, £5
- 5 Aromatherapy Associates  
Little Bell, £10
- 6 Origins Christmas Bauble, £12
- 7 Lancôme in Love Cubes, £39/for 4



ADDITIONAL WORDS: PERDITA NOURIL. PHOTOGRAPHS: PIXELATE