

# Spa spy Hidden talents

## Freshen up your facial routine with a bareMinerals consultation

### The treatment

A free Concealing, Highlighting and Contouring lesson (20 minutes) on a bareMinerals counter. I visited Boots on Princes Street, Edinburgh.

### Why go?

To get a masterclass in, among other things, how to use this brand's new Bareskin Complete Coverage Serum Concealer (£22), which contains lilac plant stem cells and humectants to keep skin hydrated.

### Our spy says

This is one of six classes offered by bareMinerals, which range from the five minute long Finishing Touches to the full 45 minute whammy of Signature Look Plus.

My session takes just 20 minutes, while I'm sat on a tall stool by a spotlight mirror. After a quick consultation, their glam make-up artist, Jackie, asks me to remove my foundation with cotton pads and some Purifying Cleanser.

Then it's on with the unguents to prep my skin for the paint. There's a layer of their Mineralixirs 5-Oil Blend, which contains one of my favourite ingredients for age-ravaged skin – rosehip oil. Then there's an application of their clear gel Original Primer to give the foundation sticking power.

The new concealer is next. This, Jackie explains, is applied using a brush, so you don't drag the delicate skin around the eyes. She pats it on

up into the inner corners, where, she says, the skin can be most shadowy looking. It feels light, but this stuff has a lot of coverage, so go easy.

Next it's on with the Pure Brightening Serum Foundation. Jackie shows me how to apply a couple of drops of this to the special brush, which has an indent in its centre, then buff it on. She does one side, then I do the other.

Then she whisks on some All Over Face Colour in Warmth using a three shape, so it hits my temples, cheeks and the area under the jawline.

Finally, there's a pop of colour on my cheeks with the powder blusher in a shade called Beauty, and Jackie gently traces some soft Lip Liner in

Thrilled along my actual lip line (not outside it) and fills in my pout with the buttery Marvellous Moxie lipstick in Speak Your Mind.

### The results

This is a quick and effective showcase of products without any pressure to buy. I really liked the new concealer, but I was also impressed by the primer, as it didn't clog my pores like a lot of similar products. Love the amazing pink lipstick too, as it's super moisturising yet has longevity. Sold. ■

Boots, 101-103 Princes Street, Edinburgh, 0131-225 8331, [www.boots.com](http://www.boots.com), [www.bareminerals.co.uk](http://www.bareminerals.co.uk)



## WHAT'S NEW

### Online advice

Aurelia Probiotic Skincare has launched its online Skin Tool consultation service to offer bespoke skincare and lifestyle tips in eight steps. Its advice on subjects ranging from stress relief and exercise to product recommendations is worth a read. Give it a try and you'll get £10 off their range.

[www.aureliaskincare.com](http://www.aureliaskincare.com)



### Green grooming

Men's hair and grooming salon The Player's Lounge in Edinburgh has had its own makeover. The new look involves lots of rustic bare wood – including a reception made of reclaimed church pews – to suit their new eco-friendly ethos. As well as low energy equipment, they will be using sulphate and paraben free-products and donating 15 per cent of their profits in February to Water Aid UK.

161a Rose Street, Edinburgh, 0131-225 3188, [www.the-players-lounge.com](http://www.the-players-lounge.com)

### The world is nut enough

The health benefits of nuts are many, from increasing lifespan to boosting heart health and regulating blood sugar. If you're a fan of every squirrel's favourite snack, get hold of a copy of *Nuts* by Patrick Evans-Hylton. It features 50 recipes (not ALL of which are virtuous), including how to make your own nut butter, nutty granola and almond milk.

£14.99, Sasquatch

## THREE OF THE BEST

### Glow for it

Part of the Bobbi Glow Collection, this limited edition lip shade is packed with plumping oils, from olive to babassu seed. As well as imparting a healthy pink stain that enhances natural colour and suits all skin tones, it aims to reduce the look of lines and wrinkles with long-term use.

Extra Lip Tint, £25, Bobbi Brown, [www.bobbibrown.co.uk](http://www.bobbibrown.co.uk)



### Locks great

The Aussie haircare brand's most popular line is their Miracle Moist, and they've just added to that range with this hydrating conditioner, which contains Australian macadamia nut oil. It takes just a few minutes, so is easy to use in the shower for locks in dire need of smoothing.

3 Minute Miracle Moisture, £4.99, Aussie, [www.aussiehair.com](http://www.aussiehair.com)



### Balmy days ahead

You may like the original Ultra Facial Cream (£43.50) from Kiehl's, but if your skin needs a bit more comfort after a few months of extreme weather, try their richer balm version with glycerin and edelweiss. According to them, it got a big thumbs up from their testers – residents of super-arid Colorado Springs.

Ultra Facial Deep Moisture, Balm, £52, Kiehl's, [www.kiehls.co.uk](http://www.kiehls.co.uk)

