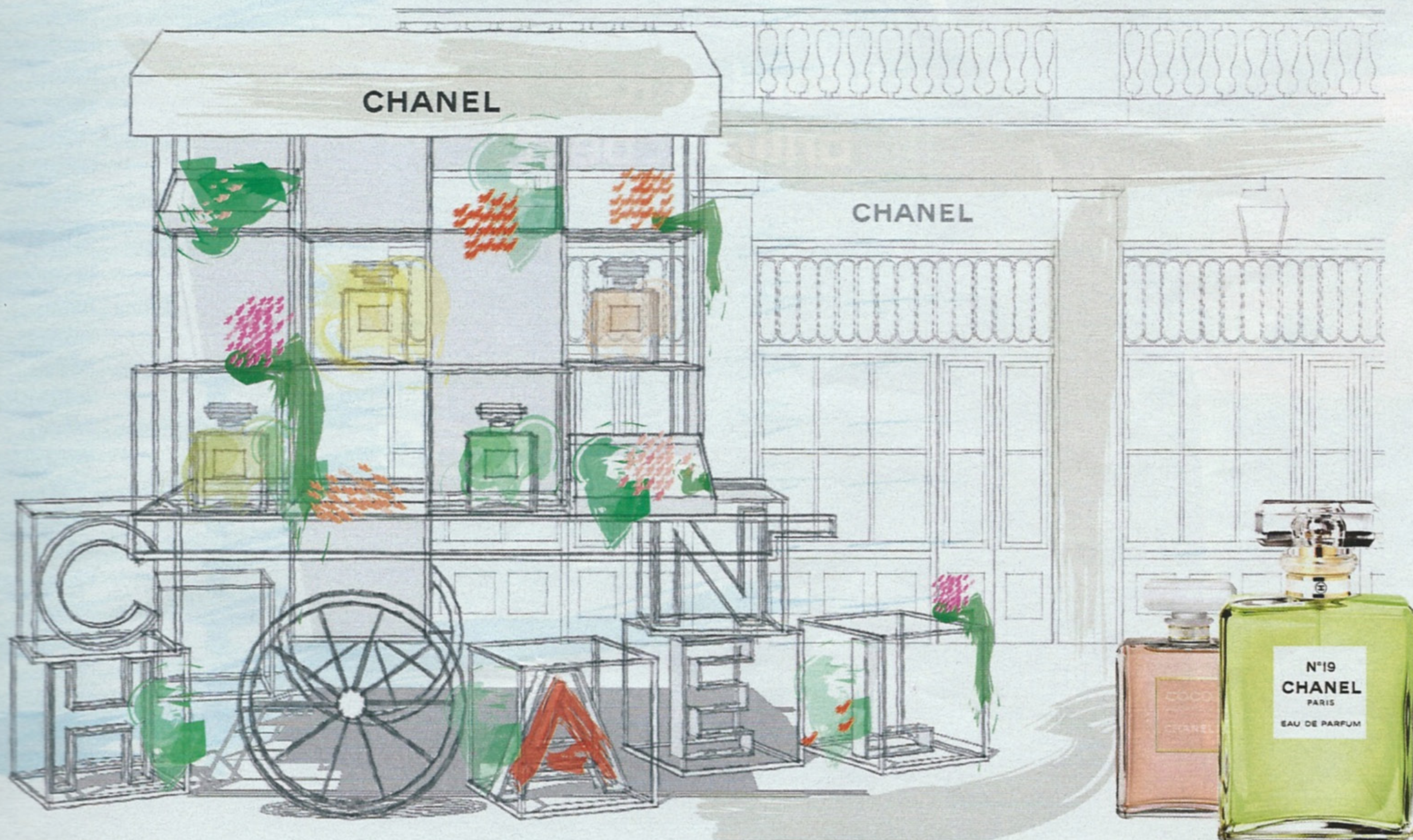


Beauty notebook by Kate Shapland

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Tweet Kate
I'm looking for natural remedies, having been hit by colds all winter. Which are the best pick-me-up aromatherapy oils?



@Helen_Noel_PWC The most uplifting are geranium, lavender, rosemary, clary sage and eucalyptus. Aromatherapy Associates' Inner Strength Bath & Shower Oil (£39, aromatherapyassociates.com) contains many of these oils. Add a few drops straight to a hot bath or rub it into your body before a hot shower. Send your beauty conundrums to Kate via Twitter @Telefashion, using #askkate



The insider's secret Chanel's flower stall In its heyday as an active market, Covent Garden – with its barrowfuls of flowers and fruit – was a magical place to visit at dawn. From March 8-10, Chanel will be bringing a delicate touch of romance to the market once again by dressing one of its mobile stalls with giant bottles of its most loved scents – No.5, No.19, No.19 Poudré, Coco, Coco Noir, Allure and Coco Mademoiselle – as a tribute to the flowers whose scents are at the heart of these fragrances. Customers will be able to play with Chanel's glass olfactive blotters for each perfume, and hear about their creation from perfume experts. In addition, Chanel will have a limited number of posies available, created with blooms from its scents, and hand-personalised camellia cards as gifts for Mother's Day. So if you know your mother loves No.5, you could bring her back a bunch of fresh May roses from the market.

The novelty MariaLux massage candles With fragrances created in collaboration with the nose Alessandro Gualtieri, the designer Lilian Driessen (creator of the MariaLux perfumes) has introduced a scented candle that cleverly doubles up as a body massaging treatment. Presented in mini porcelain jugs, the candle wax is enriched with nourishing vegetable butters which, once warmed by the flame, become liquid enough to be used to rub into the body, softening and scenting the skin. £40 (liberty.co.uk).



Three of the best Cutting-edge age preventers Ioma Youth Booster uses the same technology as Nasa's Curiosity robot currently on the Mars Science Laboratory mission. A sensor in the cap allows you to measure your skin's hydration levels daily. £149 (harrods.com). Balance Me Facial Expression Filler is a natural filler developed to soften lines and wrinkles. £22 (waitrose.com). Aurelia Revitalise & Glow Serum is a nourishing product that uses probiotics to curb the cellular inflammation that prematurely ages skin. £47 (aureliaskincare.com).

