

BEAUTY

By numbers

Your ultimate weekend countdown with *Rose Beer*

1

VB's vision was to craft plumping, cosseting, richly pigmented lippies in a 'posh' palette. These deliver on all counts.

Victoria Beckham Beauty Posh Lipsticks, £34 each, from 3 Oct (victoriabeckhambeauty.com)



LIP SERVICE

It's a big week for mouths as two showstopper lipstick launches land in store and (most likely) on our bathroom shelves.

So velvety, so plush and so intense in colour that you need to see it to believe it. One of the best matte lipsticks we've tried. *Lisa Eldridge True Velvet Lipsticks*, £26, from 3 Oct (lisaeldridge.com)



2

READING ROUND

Keen to up your skincare game? Get the book club on to these three, sharpish. *Skin Care The Ultimate No Nonsense Guide*, by Caroline Hirons, £20 (Harper Collins); *Great Skin*, by Ingeborg Van Lotringen, £12.99, at gibbonsquare.com; *Look Great, Not Done! The Art Of Aging Well*, by Dr Stefanie Williams (£8.50; Eudelo Publishing)

3 HEALING GOOD

Bacon sandwiches for lunch, all-day loungewear and 5pm baths are just a few WFH benefits. But frankly who hasn't crippled their back — likely beyond repair — after seven months of sitting slumped on the kitchen chairs? Praise be for the new Healing Patches from A-list acupuncturist Ross J Barr. So good they've sold out four times already, whack them on for almost miraculous relief from all manner of muscle pain and discomfort. *Ross J Barr Healing Patches*, £15, at victoriahealth.com



4 PIN DROP

Skin Boost Juice at Teresa Tarmey Clinic, 206-208 Kensington Park Road, W11 After four years of planning, super facialist Teresa Tarmey and nutritionist

Rosemary Ferguson unite to bring you a juice bar serving clever blends especially designed to tend to your skin from the inside out.



5

HANDS-FREE SET

Introducing a few of our favourite contactless beauty solutions. Because they're ace and needs must in these times.



As the sunshine retreats, *Annabel Rivkin* gives her worried autumn face a virtual vacation

You beauty!

We are accustomed to the traditional new-term, autumn flavour of optimism — 'Anything could happen!'. But, as we are all too aware, this year has been usurped by an Armageddon-spiced fretfulness — 'ANYTHING COULD HAPPEN!'. In this impasse between lockdown (I never want to say or write that word again. It's the new 'iconic') and freedom, we are all clinging to our sense of self, while feeling... not quite right.

And all the while the days shorten and the light dims and any summer luminosity creeps from our faces. Right? Not right. Not right at all. Because there are some crackers out here; some Zoom-friendly, idiot-proof tinted skin treatments that will slap the glow back on to your face and some hope into your heart. Being confronted with a pallid, harassed, possibly booze-addled 'Covid Face' in the mirror will do morale absolutely no good.

Oskia's Nutri-Bronze Adaptive Sheer Tint is carefree... bottled. It's a tinted serum, which makes all skin colours look convincingly and upliftingly sun-kissed while harnessing hyaluronic acid to hydrate, vitamin E to protect as well as peptides and vitamin B5 to smooth wrinkles. It's like rubbing a holiday into your face.

You can mix it with your moisturiser; you can add it to your SPF (which you are applying every morning. Course you are. So that's alright, then); or you can use it as a bronzer, blended to create a sunlit architecture around cheekbones, temples and jawline. It's enough to put a smile on your anxious yet radiant autumn face. £58 (oskiaskincare.com)

