

The beauty spot

Colour conditioners

I have red hair. Not real – pretend red. When I go to the hairdresser's I ask them to try and dye it the colour of a brand-new two-pence piece, and sometimes it works, sometimes it doesn't. The annoying thing with red dye, though, is how quickly it fades – within three washes it will change from a vibrant ketchup to a week-old scrape. As with any dyed hair, specific colour-care conditioners do help keep everything looking juicier. I find **Aveda's Madder Root Color Conditioner** (£18.50, aveda.co.uk) really helps, as does the **Pureology** range (below, £18.50, hqhair.com), both of which keep my hair appearing penny-fresh for at least another week. ■ **EVA WISEMAN**

ALTERNATIVELY...

Organic Surge Colour Protect £4.99, organicsurge.com **Pureology** £18.50, hqhair.com **Jo Hansford Everyday Conditioner** £16.50, harveynichols.com **Bed Head Colour Combat**, £10.55, feelunique.com



Treatment of the week Facial acupressure

Facial acupressure is the opposite of botox. It makes you look younger by unfreezing your face, by relaxing it into a glowing, unfraught, chilled-out, frown-free version of its former self. It doesn't require needles, just oils and fingertip pummelling... It's blissful. £55 for 45 minutes (rossbarr.com)

Five things I know about style

Marios Schwab, designer



- 1 Be imaginative. I was a curious kid, so I would always open my mother's and aunt's wardrobes to touch the fabrics in there. I still draw inspiration from my surroundings.
- 2 I like to be comfortable. There needs to be a certain element of luxury in the fabric, although it doesn't have to be expensive. I like understated clothes and I'm not averse to wearing colour – it lifts my mood.
- 3 Know yourself. Women like Catherine Deneuve know what suits them – whether it's a dress shape or the cut of a trouser or a love of statement jewellery. It's about creating a style rather than following trends.
- 4 The way a woman moves is what makes her stylish. The way she handles her handbag or carries her jewellery... It's more about feeling, and it's hard to describe. People who are comfortable in themselves are sexy.

5 I like to have things that endure. There are a few things that I am attached to: a pea coat that I designed a long time ago and a garment bag that I inherited from my uncle – pieces that have a story, a meaning. ■ **SHAHESTA SHAITLY**

ON THE WEB

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Marios Schwab's jewellery collaboration with *Atelier Swarovski* is now in store (marioschwab.com; swarovski.tv)