

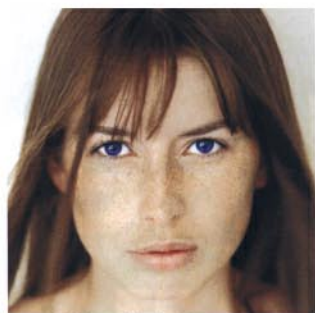


Nail that look

You might have a trimmer figure and the new little black dress, but if you're going into the festive season with chewed nails, the whole look can be ruined. **Being self-conscious of unsightly hands can also affect your confidence, making you feel uncomfortable** when holding a glass or a plate at parties. One option is the new natural Calgel Nail System. Using an organic non-toxic gel that allows the nail to grow and breathe, the technician can either strengthen and protect your own nail if it's a reasonable length, or use with a tip if you need a bit of extra help. You can even have a natural-looking tip built up with the gel, it all depends on what you have to work with.

Treatments start from around £20 and can give you that extra boost to show off the new you this Christmas. For your nearest salon, call 01727 874379.

We love it Women grow with confidence the older they get. A survey for Sure Active Response claimed that 80% of over 50s women felt on top of life, compared to 60% of under 25s. Most admired was Helen Mirren, 58.



Looking bright

Wearing contact lenses all day can make eyes feel itchy and tired at the best of times, let alone if you're up late or in a smoky atmosphere. The new HydraClear technology of Acuvue R Advance uses a moisture-rich material that's more like the natural eye – it claims to allow three times the amount of oxygen through the lens as other brands. Over half the UK population needs help in the vision department, so if you're one of the 93% who don't currently wear contact lenses, don't let it be because you're worried about comfort. Ask your optician about Acuvue R Advance daily lenses, priced around £15-17 per month.

Feature: Cathy Howes

Gut instincts

On Time To Eat, some of the key recommendations are to eat more fruit and vegetables and to drink more water, good for any digestive system. However, the gut, to give it its technical term, is a complex machine and if yours has been mistreated, you could still be a martyr to wind, bloating and constipation. The makers of Yakult have described the digestive system as "the size of a tennis court with 10 billion inhabitants and a 65 tonne food processor containing corrosive acid"! So, it's no wonder it can play up! For a guide to what can go wrong with your digestive system, call the Yakult Consumer Information Service on 0845 769 7069 for your free copy.

Q&A

Hair to go

I'd love that 'just walked out of the salon' look, but my hair is dry and flyaway and styling products seem to leave it sticky and brittle. I need something to condition and control at the same time. Any suggestions? It's true that some products can leave hair feeling lank and sticky. A really good range is the Bed Head Control Freak collection from TIGI. Bed Head Control Freak Serum (£10) conditions and moisturises, and prevents frizzy or flyaway hair. It's great for straight or curly hair and can be used with other products in the range like Frizz Control and Straightening Shampoo (£6.85); and Control Freak Conditioner (£8.70). TIGI Bed Head products, available from selected salons nationwide. For stockists, call 0870 330 0955.

your life