

Turbans? Have we all lost our heads...

AS WITH so many fashion misdemeanours, we can trace this one straight back to Kate Moss. She turned up at last month's Costume Institute Gala at the Metropolitan Museum Of Art in New York wearing a space-age mini-toga and a metallic turban on her head.

She looked as though she was a turkey about to be basted — and, as usual, made it seem that Christmas Dinner Chic was the only way to dress.

The look was designed by her friend and date for the evening, Marc Jacobs. How he gets away with dreaming up such nonsense is a total mystery.

And where Kate Moss leads, millions of fashion lemmings follow. I can see it catching on with the festival crowd when they haven't had a chance to wash their hair for three days — although turban plus sun will equal itchy hair that will end up much smellier and greasier than it started off.

I want to make it clear I'm not talking about turbans worn for



Kate Moss in a Marc Jacobs turban

religious reasons; the Sikh head-dress is a beautiful garment which, when worn properly, is a work of art. No, I'm talking about the fashion turban.

Turbans were seen on the spring/summer 2009 catwalks of super-cool streetwear label Baby Phat and, for the more sophisticated, Ralph Lauren. All this means it's only a matter of time before Primark churns out its own low-rent version. Turbans

present all sorts of problems. What should one wear with it? Perhaps you could pop a banana into the folds and shake your maracas like Carmen Miranda.

For most of us, the turban makes you think of Hilda Ogden. A friend recalls a grandmother who spent every Saturday in a turban as it was the best way to keep her Velcro rollers in place.

But the real problem with the turban is that it is deeply, hideously unflattering.

It takes most women years to find the kind of haircut that really flatters them: the fringe that postpones the need for Botox; the soft waves that detract from a big nose.

In a turban, there is nowhere to hide. Hair is scraped back off the face and wonky features are exposed for all to see.

To really carry off this look, you need cheekbones like shards of glass, symmetrical features and a neat neck. In short, you need to look like Kate Moss.

ERIN KELLY



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TAX-FREE SAVINGS***				
Barclays Cash ISA – Annual Interest	1+	0.10	0.10	0.10
	12,000+	0.10	0.10	0.10
	18,000+	0.31	0.10	0.10
	Balance (£)	Previous Gross* Rate p.a. (%)	New Gross* Rate p.a. (%)	New AER** (%)
CHILDREN'S SAVINGS				
Barclayplus – Quarterly Interest	1+	0.50	0.25	0.25
	1,000+	1.00	0.75	0.75
Barclays Children's Savings – Monthly Interest	1+	0.50	0.25	0.25
	1,000+	1.00	0.75	0.75

ACCOUNTS NO LONGER AVAILABLE	Balance (£)	Previous Tax-free*** Rate p.a. (%)	New Tax-free*** Rate p.a. (%)	New AER** (%)
TAX-FREE SAVINGS***				
Tax Haven ISA – Monthly Interest Including Introductory Bonus†	1+	2.08	1.83	1.85
	1+	1.08	0.83	0.83
Tax Haven ISA – Monthly Interest Excluding Introductory Bonus	1+	0.81	0.56	0.56
Tax Beater Cash ISA – Monthly Interest	1+	0.81	0.56	0.56
	Balance (£)	Previous Gross* Rate p.a. (%)	New Gross* Rate p.a. (%)	New AER** (%)
CHILDREN'S SAVINGS				
Junior BarclayPlus – Quarterly Interest	1+	0.50	0.25	0.25
	1,000+	1.00	0.75	0.75

* Gross Rate – is the rate of interest payable before the deduction of income tax. Interest is payable Gross to non-tax payers subject to the required certification.
** AER stands for Annual Equivalent Rate and illustrates what the interest rate would be if interest was paid and compounded once each year.
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THE YOU

Products to make your hair more youthful are the latest fad. But don't be fooled — it's all hokum

by Claire Coleman

OVER the past year, you might have noticed a new trend on the shampoo shelves of your local Boots store.

Back in the dark ages, you had products aimed at normal, dry or greasy hair, then came volumising, straightening and curling versions, next up were the colour specific ranges for blondes, brunettes or redheads.

But now we're seeing an increasing number of haircare ranges whose labelling would seem far more at home on a pot of face cream: Charles Worthington Time Defy, Frederic Fekkai Ageless and Alterna Caviar Anti-Ageing are just some of the products at the forefront of what appears to be a growing beauty trend.

That's right, anti-ageing haircare. You can see how, to the marketing men, anti-ageing products make perfect sense.

After all, between 2002 and 2007 the fastest-growing sector of the facial skincare market was anti-ageing, increasing by 67 per cent to reach a value of \$14.9 billion (£13 billion) globally, so why wouldn't the haircare industry want to cash in on our quest for eternal youth?

The difference is that hair is dead cells and has a lifespan of four to five years at the very most.

Essentially, if a 25-year-old and a 50-year-old both have hair that's ten inches long, the tips of their hair will all be pretty much the same age — approximately 20 months, given that, on average, hair grows half an inch a month.

But according to Sara Botham, of Alterna, you don't have to be old to use anti-ageing haircare.

'When we talk about ageing hair, we're not necessarily talking about the age of the person,' she explains.

'Hair can be aged in a number of ways — there's the environment, UV damage and pollution, which can damage hair; there are chemical factors, such as straightening and

colouring, and then there's chronological ageing as well.'

She explains that treatments, such as colouring, can leave hair dry and damaged, but that anti-ageing hair products help to replenish this moisture and improve the condition of hair.

All this makes sense, but it still doesn't explain what distinguishes an anti-ageing product from something that, in the old days, would have been called a product for dry or damaged hair.

According to Frederic Fekkai, the difference is that anti-ageing haircare should not just repair damage, but actively prevent it happening in the future.

Distress
As we get older, the diameter of the hair shaft diminishes, giving the appearance of less hair — 40 pc of women experience some hair loss at menopause.

'My Ageless line is specially designed to combat the three signs of ageing: biological, environmental and mechanical,' he says.

'It visibly corrects the first signs of ageing (dryness, damage, dullness and uneven texture), while proactively protecting hair from daily stressors that accelerate ageing, such as colour and chemical processing, heat styling, pollution and radiation.'

For an independent view, I turn to trichologist Philip Kingsley.

'What many people call ageing — chemical and environmental damage and so on — I call "weathering",' he tells me. 'And while whatever age you are your hair is subject to weathering, an older person may be more likely to have weathered hair.'

'This is because as we get older, the hair follicles produce thinner hair, which is inherently weaker and has less body and volume than thicker hair.'

'As a result, you're more likely to

MAKE YOUR NAILS MATCH YOUR BANGLES



GEMSTONE cuffs are this season's biggest trend. Here's how to choose the best nail polish to set off your new jewels.

By ELIZA SCARBOROUGH

Birds of paradise polish, £8.95, **Jessica**, 0845 217 1360
Flower gem, £215, **Missoni**, 020 7823 1910

Barbara Daly in pistachio, £2.70, **Tesco**, 0800 505 555
Tribal set, £15, **Topshop**, www.topshop.com

we produce more androgen, the hormone responsible for killing off follicles

Life & Style

NGER HAIR' CON

WE RECOMMEND FACIAL SCRUBS



Picture: GETTY IMAGES



Liz Earle Gentle Face eExfoliator, £12 for 70ml, www.uk.lizearle.com
MADE with beeswax and jojoba beans, this leaves skin looking brighter, softer and smoother.



Clinique 7-Day Scrub Cream, £14.68 for 100ml, www.clinique.co.uk
FRAGRANCE-free, rich and creamy, this leaves your skin looking polished, as well as reducing fine lines.



Origins Never A Dull Moment, £22 for 125ml, www.origins.co.uk
JAM-PACKED full of fruit enzymes, this leaves skin looking and feeling revitalised.



Elemis Papaya Enzyme Peel, £26 for 50ml, www.timeto spa.co.uk
CULT product containing exfoliating papaya and calming pineapple to smooth and clarify the complexion. Will leave your skin moisturised.



Elizabeth Arden Intervene 3-in-1 Daily Cleanser Exfoliator & Primer, £22, Boots stores nationwide
HELPS reduce the signs of ageing, restoring collagen and elastin in the skin.



Carita Intense Smooth Out Mask, £46.00 for 50ml, www.carita.co.uk
ELIMINATES dead cells, leaving your skin more refined.

DON'T BOTHER



Amie New Leaf Skin Exfoliating Polish, £4.95 for 75ml, Boots nationwide
MADE with bamboo beads, this exfoliator left the skin feeling little more than cleansed.



Bobbi Brown Buffing Grains, £24.47 for 28g, www.bobbibrown.co.uk
MADE using Japanese aduki bean powder, this dry mix proved messy, over-complicated and expensive for what it was.



Garnier Clean Detoxifying Exfoliation Wash, £4.99 for 150ml, Boots nationwide
ALTHOUGH enriched with vitamin E, this had little effect.

KATE MELHUIH

THERAPY OF THE WEEK

Elemis Oxygen SkinCalm facial
£60 for 70 minutes

CENTER Parcs is known for being a hive of activity, but did you know the resorts are also home to the award-winning chain of spas Aqua Sana?

Now, I've visited many spas in my time – and I'm therefore hard to impress. But, I have to say, Aqua Sana was one of the best I've ever experienced. The communal areas are phenomenal. There are eight different types of heat experiences, including a Japanese salt steam bath and – my favourite – the Greek herbal bath, relaxing water beds, a Zen garden, multi-sensory showers and reflexology foot baths. And this is all before you have even got to your actual treatment.

Firstly – and most importantly – the treatment rooms are tranquil and the therapists friendly and well-trained. My treatment was on time, which was a good start, and depressingly rare at so many of these places.

Then for the treatment: an Elemis Oxygen skin calm facial. This lasted 70 minutes and began with a gentle relaxing cleanse, before my face and



neck were enveloped in a wonderful Japanese silk mask infused with Elemis's skin calm booster serum. I'd been having a pretty stressful time and my skin had been showing the effects (redness around my cheeks and blotchy in other places), so this was just what the doctor ordered.

And while the mask was soaking in, the therapist got to work on my scalp and feet, massaging away any remaining tension, before the mask was whipped off and a moisturiser applied to remove redness.

I wandered out of the door, hair dishevelled and with a glazed expression, feeling – wonderfully – as if I was on another planet. Which is not something I expected from a trip to a Center Parcs spa.

Best of all, a day later my skin still felt wonderful and looked less red than before the treatment.

■ CENTER Parcs holidays: 08448 267 723 or www.centerparcs.co.uk. For more information about Aqua Sana, visit www.aquasana.co.uk

NICOLE MOWBRAY

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Vernis, purple candy, £14, Dior, 020 7216 0216
Citrine by the stones, £150, www.splashonthenet.com



Orange, £4.99, Rimmel, www.rimmellondon.com
Metal, £13, www.marksandspencer.com



Essie in watermelon, £8.95, www.nailsbymail.co.uk
Crystal, £685, www.net-a-porter.com



2True in No5, £1.91, www.superdrug.com
Kara Ross, £285, Harvey Nichols, 020 7235 5000



Express finish, £3.99, www.maybelline.co.uk
Bijoux heart, £420, Fenwick, 020 7629 9161



Essie in, £8.95, www.nailsbymail.co.uk, Alexander McQueen, £1,605, Selfridges, 0800 123 400



Chocolate, £3.99, www.maybelline.co.uk
Muse, £172, www.mywardrobe.com



Red, £6.16, Revlon, 0800 085 2716, Kenneth Jay Lane, £224, www.my-wardrobe.com

Pictures: TOBI JENKINS