Life & Style

+ Nail growth slows with age, so children's nails grow

How much does it cost you to run your body?

WHO NEEDS BOTOX! GOLF AND FRESH FISH KEEP ME YOUNG

MADELYN'S YEARLY BODY BILL

Skincare — including Clarins and Christian Dior products	£1,560
Hair — cut, highlights and blowdry every six weeks plus John Frieda products	£1,440
Make up — Mac, Chanel and Christian Dior	£600
Body care	£240
Exercise — golf club membership	£1,000
Vitamins and supplements	£60
Manicures every two weeks	£390
Pedicures every six weeks	£180
Massage / facials	£240
total	£5,710

MADELYN BRIDGE, 60, works as chief executive for Age Concern East Cheshire and lives locally with her husband. She has two grown-up children and three grandchildren. Madelyn says:

AGEING is something you think only happens to other people — and then before you know it, it's happening to you. It sort of creeps up on you, but I don't feel bad about getting older. You grow into it.

I'd like to lose a little weight, but in general I'm happy with my life and the way I look. I take care of myself. I'm on a Mediterranean diet, eating plenty of fresh fish, fruit and vegetables, and feeling very well on it.

I also drink lots of water — about two litres a day — and as I'm trying to lose a few pounds, I've given up alcohol. When I'm not dieting, I might have a glass of wine a few times a week.

I play golf every weekend with my husband and friends. I play on Saturday and Sunday in summer and love the social side that comes with the sport.

I also have an exercise bike at home, which I try to get on about four times a week for half an hour. I feel much better when I'm fit. An active lifestyle keeps me feeling young, as does a busy social life. I also find having a job that I really enjoy helps keep my energy levels up, too, and always getting eight hours' sleep a night.

I make sure I always look my best. I have my hair cut and highlighted every six weeks and use John Frieda's Sheer Blonde Volumising shampoo and conditioner to make my hair look more glossy and full.

I also like to have a manicure every couple of weeks, as I think nice nails are important. In the summer, I tend to wear pretty pinks and in the winter shades of plum. If I ever do my own nails, I love Chanel polish. I also have a pedicure every six weeks.

For make-up, I opt for Chanel, from eyeshadows and mascaras to blusher and lipstick.

I wear soft ivory and pink shades of eyeshadow, and pinks and plums in lipsticks and glosses. In the evening, I might wear a little more eyeshadow, but I don't like to look over-done. I also wear Chanel Coco Mademoiselle perfume.

I tend to look after my skin better at the weekends, when I'm not tired after a long day in the office. During the week, I use Simple cleansing wipes, which are versatile and remove all my make-up and clean my face.

At weekends, I have a proper routine with Clarins Cleansing Milk with Alpine Herbs followed by Clarins Toning Lotion With Chamomile. I'm a big fan of Clarins products —after years of trial and error, I find it works best with my skin. Twice a week I also use Clarins Gentle Exfoliating Refiner, as my skin is sensitive.

Every night I apply Clarins' Super Restorative serum, eye cream and night cream. I apply the same during the day, but use the day moisturiser instead, which contains Factor 20. I always wear Factor 20, as I have fair skin that tends to burn in the sun. I'm sure that's why my skin is still in good condition, plus good genes.

I've never smoked, which helps. I've never had plastic surgery or used Botox, either. It's not that I'm against it; it's more a fear that something might go wrong. I just don't think it's the right thing for me. I have a facial twice a year and, if we're on holiday and there is a spa at the resort, I might have a massage.

When it comes to the way you look, I think a mix of diet, exercise and laughter is the key. And just making the most of yourself.

■ *www.ageconcerneastcheshire.org.uk*

Pension power

Yoga and aqua aerobics are the most popular excerise for the over 60s

HOME BEAUTY SCHOOL

SAVE money and look great with our credit-crunch beauty column. This week Jessica Vartoughian, legendary founder of Jessica Nails, shows you how to do a proper salon manicure in five easy steps.

ELSA McALONAN

STEP ONE

SOAK fingers in a bowl of warm water with a little soap-free handwash to cleanse and prepare nails for filing.

STEP TWO

SHAPE your nails with a cardboard based emery board (not glass or metal) and file in one direction only until you have a nice 'squoval' shape — a cross between a square and an oval.

STEP THREE

RUB cuticle cream into the cuticles and use either an orange stick tipped with cotton wool, or a cotton bud, to push them back.

STEP FOUR

SCRUB nails using a nail brush, water and soap-free handwash to remove any excess oil and dry thoroughly. Your canvas is primed and ready.

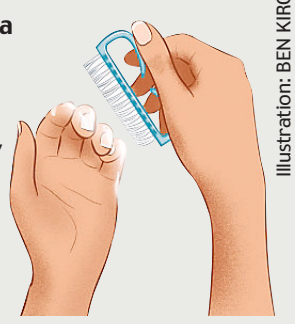


Illustration: BEN KIRCHNER

STEP FIVE

PAINT your nails. Start with your prescribed basecoat, then two coats of colour and a coat of top coat, making sure you seal the edges of your nail to protect it.

■ *Jessica Custom Colours, £8.95 (0845 217 1360.)*

PRO

They're the bugs

PROBIOTICS and prebiotics, the 'friendly bacteria' in your Yakult or Activia, have become buzzwords in intestinal health over the past few years. But you might be surprised to hear that they could be the next big thing in skincare.

Although as a concept it's still in the early stages, the idea is that probiotics (beneficial bacteria) and prebiotics (essential fuel for the beneficial bacteria) can help improve the balance of bacteria in your skin, in the same way they are known to improve the balance of bacteria in your digestive system.

You might not even know that your skin contains beneficial bacteria, but skin microflora, as they are known, have an essential role to play in preventing undesirable bacteria from developing.

The problem comes when their equilibrium is disturbed, for example by using skincare that strips the skin. When this happens, bad bacteria, such as those that cause acne and eczema, are able to take hold.

Conventional treatments for these infections use antibiotics or antibacterial agents that not only attack the bad bacteria, but also the good bacteria. This is where probiotics and prebiotics can help, restoring the balance of the good bacteria so that the skin can heal itself.

Sounds great in theory, but does it work in practice?

It seems that the answer is yes. Last year, research published in the British Journal of Dermatology suggested that eczema and the associated itching improved after patients were treated with a probiotic cream.

And, just this month, the Journal of Dermatological Science devoted coverage to a small study that seemed to show that, using prebiotics, it is possible to reduce the levels of acne-causing bacteria without harming the good bacteria.

All this is great news if you suffer from eczema or acne, but is it really beneficial for the rest of us to buy into probiotic skincare?

The people behind Nude, one of the first skincare brands based on probiotics, say yes. They insist that as well as maintaining healthy skin, probiotics can help protect it from ageing.

'When the balance of microflora is damaged, the skin becomes irritated,' explains Emma Newman, from the brand.

'The body responds to this irritation by creating free radicals, thought to play a part in premature ageing of the skin, and a collagen-digesting enzyme. Given that collagen is essential to young-looking skin, the last thing you want is to destroy it.'

She argues that probiotics and prebi-

LAVENDER MAKE-UP

Lip gloss in lily tint, £11.74, **www.bobbibrown.co.uk**

faster than adults'

BIOTIC BEAUTY

that boost digestion — but can they also clean up your skin?

Picture: ALAMY

otics not only help to maintain the correct balance of microflora, thus avoiding these sorts of issues, but that they also help to keep the skin hydrated.

Nude might be the only major brand exploiting the value of prebiotics and probiotics, but a number of smaller, more niche brands, such as Cleo Q, Verattiva and Sk1n Probiotic Systems, also incorporate them into their products.

But Dr Nick Lowe, consultant dermatologist and spokesperson for the British Association of Dermatologists, cautions against getting carried away with the promise of such products.

'I'm just not convinced about some of the claims that are being made with regard to anti-ageing,' he says. 'Until more microbiological studies can prove it, I'll continue eating my yoghurt rather than smearing it on my face.

CLAIRE COLEMAN

WE RECOMMEND BRONZERS

Christian Dior Bronze Harmonie de Blush, £25.50, 020 7216 0216

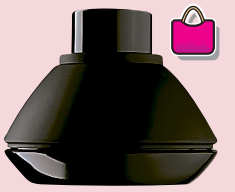
USE the four bronze and terracotta tones individually or swirl together for perfect tone-on-tone tanning.

Lancome Tropiques Minerale, £32, nationwide

DELIVERS all the skin-perfecting benefits you'd expect from mineral make-up PLUS a bronzed sheen.

Bobbi Brown Bronze Shimmer Brick, £28.38, bobbibrown.co.uk

FIVE face-flattering shades flecked with iridescent particles make it easy to create a soft end-of-summer glow.



Guerlain Terracotta Bronzing Powder for Men, £34, 0845 605 1234

SHINE and sparkle-free make-up artists agree this is a great unisex bronzer and perfect for faking a natural glow.

By Terry Bronze Expert, £38.17, spacenk.co.uk

THIS portable pen plumps wrinkles and perfects skin while faking a fresh, 'just-off-the-beach' tan.

STAR BUY

Estee Lauder Bronze Goddess Luminous Liquid Bronzer, £20, nationwide

BLENDS easily and looks great over cheeks, brow and collar bones to create a flawless honey-hued finish.

DON'T BOTHER

ModelCo Glow Summer Bronze, £18, hqhair.com

A LITTLE too yellow thanks to the gold-flecked finish that leaves skin sallow rather than sun-kissed.

DuWop Bronzerush £27, hqhair.com

THIS IS Meant to offer a tan base and topcoat, but the combination of textures is cakey and the colours lurid.

St Tropez Powder Bronzer, £19.57, escentual.com

WHILE the fake tan lotion is fantastic, this powder blush is too rusty-toned for most, and especially pale, skin tones.

REBECCA HOWARD-DENNIS

True eyeshadow glitter in No12, £1.91, **www.superdrug.com**

Colour fever shine lipstick in purple surge, £17.50, **www.lancome.co.uk**

Nails Inc nail polish in Dover Street, £10.50, **www.nailsinc.com**

Eyeshadow in brilliant parma, £12.50, **www.lancome.co.uk**

Revlon eyeliner in very violet, £6.99, **Boots**

Cream eyeshadow in lilac petals, £13.70, **www.esteelauder.co.uk**

Liquidlast liner in electro lady, £12.72, **www.maccosmetics.co.uk**

NARS eyeshadow in lulu, £15, **Selfridges**, 0870 837 7377

ELIZA SCARBOROUGH

THERAPY OF THE WEEK

JOANNA ALLPORT is a facial guru who has studied complementary therapies around the world. She believes she can diagnose people's emotional problems because they become etched into their skin, and that treating the face can help heal these problems.

JOANNA believes that trauma and stress sets themselves in our facial muscles. Even repressing emotions will leave its mark, blocking energy pathways and causing the lymph system to retain toxins.

Her unique facial involves a gentle fingertip massage that works on the connective tissue and 91 muscles of the face, scalp, neck and shoulders. She also stimulates reflexology points, relaxing the tightness that pulls the face down and dissolving tension so the skin appears softer, younger and lifted.

She claims that with her help, facial muscles will tone up, jawlines tighten, wrinkles soften and dull complexions sparkle — all without a needle in sight. Appropriately, Joanna's informal treatment room on

Frown free: Leah Hardy

London's Harley Street feels more like a psychiatrist's consulting room than a clinic. She is welcoming and motherly, offering herbal tea or water.

Looking at my face, Joanna tells me that the vertical line between my eyebrows indicates that I can have a quick temper, which is sadly true. She says that the outbreak of spots on my chin shows I am holding back from saying something important to someone close to me, which is uncanny.

I have a few crows' feet, which could indicate a shy or very sexual nature. Horizontal lines above the eyebrow indicate lack of confidence (I don't have them), while grooves down the cheeks are a sign of suppressed grief.

The massage is performed using essential oils in dim light. Joanna's touch is light, like butterfly wings. This treatment is so powerfully relaxing that within minutes I fall into a sleep so deep it is like being anaesthetised.

I dimly register her hands working on a deeper level around my brows and jaw (she later tells me, correctly, that I grind my teeth when stressed).

As the massage ends, I emerge from my trance-like state and am astonished to see that my face does look younger, softer and, yes, lifted. My eyebrows, freed from their habitual frown, are higher and rounder. The tension has vanished from my jawline and my frown line has almost disappeared.

I can't say I am cured of crossness, but I loved this blissful hour. A course of six is recommended for the full ten-years-younger effect.

■ *AN INITIAL consultation and hour-long treatment costs £100; following treatments cost £75. Visit www.fountainofwellbeing.com or call 020 7436 3579.*

LEAH HARDY