

BEAUTY

Q: I'd love to combine a spa trip with a holiday – where do you recommend?

Alice, 29



Lisa Oxenham
Beauty & style director

LISA: Les Sources de Caudalie in France focuses on two things very close to my heart: well-being and wine. The rooms are ridiculously chic and ditto the rustic Vinotherapie spa, where they squeeze every possible use out of the humble grape. We love its anti-ageing moisturising cream, Premier Cru, £92.50 (left), which is rich in powerful anti-oxidants (polyphenols).

Les Sources de Caudalie is located just 20 minutes from Bordeaux and rooms cost from €250, including breakfast. For further details, or to book, visit sources-caudalie.com.



Jess Lacey
Beauty features editor

Q: My neck feels so stiff when I wake up. How can I help ease the tension?

Lydia, 31

JESS: Try massaging Elizabeth Arden Eight Hour Cream Nighttime Miracle Moisturizer, £32, into your face and neck before bed – the heady lavender scent will help to relax your muscles. Posture specialist Dominic Cheetham also advises 'lying on your side, to help prevent pain by elongating the spine'. He has even designed a pillow that ensures your neck is positioned at the optimum height while you sleep and says: 'A pillow should bring both your neck and shoulders in to alignment.' You can order the 'Knightsbridge' pillow, £97.50, from thelondonpillowcompany.co.uk.



Ask the BEAUTY EDITORS



TOMMY HILFIGER

Model smile: now even sensitive types can get whiter, brighter teeth



Alix Rentsch
Beauty assistant

Q: Is there a whitening treatment for super-sensitive teeth?

Rebecca, 35

ALIX: Tooth whitening is a surefire way to knock years off and, best of all, it requires zero scalpel time. However, if your teeth are super-sensitive (you get a shooting pain when you eat something hot or cold, or your enamel look slightly translucent), then the agony you could suffer after a whitening treatment just isn't worth it. The good news is, I recently trialed a brand new treatment that uses naturally occurring whitening ingredients with strong antiseptic properties. It comes in a gel form, called Prevdent, which, as well as whitening your teeth, also reduces sensitivity. But it's not cheap. Prices for this new method start from £500 at Elleven Dental in Devonshire Place, London (ellevendental.com). On a budget? Colgate may just have the answer with its new Colgate MaxWhite ONE Optic White, £4.49, which whitens teeth by using optical brighteners to form an invisible sheen. Smile!

PRO TIP

'For thicker hair, eat blueberries and oily fish. Rich in polyphenols, they protect blood capillaries.'

Elisabeth Bouhadana, global scientific director, L'Oréal Paris



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