



# FIONA JOLLY

JOURNAL'S BEAUTY EDITOR-AT-LARGE GIVES THE LOWDOWN ON EASY GROOMING: HOW TO REPAIR SPLIT NAILS, KEEP FEET NEAT AND PLUCK SHAPELY EYEBROWS



## TOP TAN

Even in winter feet can be on show. When wearing strappy evening sandals, give pale feet an instant boost with a little body make-up. I love **Mac Face And Body Foundation**, £22 (call 020-7534 9222 for stockists), as it's easy to apply, and won't streak or rub off.

## SMOOTH OPERATORS

Cure ragged-looking cuticles by massaging nail oil into nail beds every night. Try **Phase 3 Nail Oil**, £7 (far right), from **Nails Inc** (020-7499 8333 for stockists). And remember, feet need moisturising as much as hands. Use a foot file to remove hard skin, then apply an ultra-moisturising foot cream. I love **Tweezerman Footfile**, £4.50, because it's easy to clean. To cool and moisturise tired feet, try **Boots Botanical Mint Foot Cream**, £3.10. The Tweezerman Footfile is available from a fabulous shop called **Screenface** in London, which sells all sorts of grooming goodies, including eyelash curlers, false eyelashes, manicure sets. The shop is at 48 Monmouth Street, Covent Garden, London WC2 (020-7836 3955). Alternatively, call 020-7221 8289 for mail order.



Visit Screenface for make-up heaven



## NAILING THE ISSUE

### How to mend a split nail

■ **Short term:** use the **Nailene Repair Kit**, £6.99 (pictured under text) from Boots. Soak the gauze with glue, then lay it over the split and tuck edges around nail. ■ **Long term:** cut the nail at the split and file it down. Before glueing, file a false nail to match the length of the other nails. Glue on, then paint all nails. Try **Boots Elegant Touch Stickers Nail Kit**, £4.55.



To whiten yellow nails in an instant, particularly on photo shoots when models have dirty-looking nails, I use **Mister Mascara Bubble White 5 Minute Effervescent Nail Cleaner**, £4.50, from **Selfridges**, London W1 (020-7629 1234). Soak nails for five minutes, then rinse.



## HOW TO GET BIG GIRL'S BROWS

### Tidying and plucking

The best tweezers are by **Tweezerman**, £15, from **Screenface**. They are so effective, and you can send them back to the company to be sharpened when they get blunt. Always pluck in the direction the hair is growing or it will snap off, leaving stubble. Now, just follow these three simple steps...



- 1 Looking straight ahead in the mirror, take an orange stick and place it vertically like a clock hand from the tip of your nose and straight up to the inner corner of your eye. Remove all the hairs in between both brows.
- 2 Keeping the stick on the tip of nose, move it across until it goes across the pupil. Start thinning your brow after this point into a tapered shape.
- 3 Still with the stick on the tip of your nose, angle it across to the outer corner of the eye, and pluck any stray hairs beyond this point.

