

TATLER

August 2009

PRODUCTS FOR PEACE OF MIND



Prescriptives Comfort Night, £35. A peptide-packed night cream that reduces the flush of irritation and blotchiness.

This Works Survive Kit, £26. Contains five problem-solving products: Turbo Balm to moisturise lips; One For All, a calming antiseptic oil that works on anxiety-related breakouts; Stay Cool, a soothing eye serum; Quick Spritz, a feelgood, rose-scented face spray; and Breathe In, a calming inhaler with notes of frankincense and eucalyptus.



this works: turbo balm lip & e

this works: breathe in eye serum

this works: one for all



Decléor Hydra Floral Moisturizing Gel Cream For Eyes, £22. De-puffs and hydrates eyes with flower essences and essential oils.

Les Fleurs de Bach Vivacités de Bach, £60. A new line of mood-enhancing scents made with organic Bach flower essences, which are used to boost confidence and take the edge off stress. This mustard-flower and gortz spritz has a punchy, peppery smell that lifts the spirits.



Shiseido Zen Eau de Parfum, £51. A comforting blend of earthy patchouli – which is said to help the wearer feel grounded – mixed with hints of magic Shiseido ingredient the Blue Rose, which unusually for rose adds a positive citrusy burst.



Figs & Rouge Organic Lip, Face & Body Balm, £4. This wax can be applied all over the body to tackle stress-related skin flakiness.

La Prairie Anti-Ageing Stress Cream, £110. Calm in a jar, this deliciously rich cream contains valerian root, a natural relaxant that works on frowns and worry lines.



Wallpaper*

epar*le

050 | NEWSPAPER



Western block

Asian office space makes light work

At the heart of the latest trend, an office and its design are an industrial revolution in the city of Shanghai. The new office space is a blend of modern and traditional, with a focus on sustainability and a commitment to the environment. The new office space is a blend of modern and traditional, with a focus on sustainability and a commitment to the environment.



RICHARD WOODS; PORT SUNLIGHT

Leaver House, New York

03 December 2009 – 01 February 2010

Inspired by the modernist buildings of Port Sunlight, the north-of-England model village built for the employees of Lever Brothers' soap factory in 1900, artist Richard Woods plans to bring the Leaver connection full circle with a new show. He will reimagine boldly coloured Victorian porters onto the minimalist Leaver House in New York. Built in 1932 as the first US headquarters, this grand five-story building and parts of the floor in a special limited-edition edition. www.leaverhouse.com



BACH TO THE FUTURE

It has been a really busy few months at Wallpaper* HQ and, due to high stress levels, we admit that we've turned to a particular type of bottle for solace: the 1930s floral remedies of homeopath Dr. Bach. Transformed by French house Les Fleurs de Bach into modern elixirs, they target various ailments, from insomnia to depression. There are also two perfumes incorporating organic flower essences, and an accompanying bath and body range to boot. Bath salts, £18; body silk, £25, both by Les Fleurs de Bach, www.lesfleursdebach.com

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December 2009

BEAUTY Q&A

Need advice? Beauty director SUZANNE DUCKETT solves this month's dilemmas

Q I know scent has an effect on mood, and I'm looking for a flowery fragrance - light, not heavy - with soothing qualities. Does one exist?

A Remember Bach Rescue Remedy - instant calm in a bottle? Les Fleurs de Bach has made the first fragrance designed to make you smell and feel better. It contains Bach flower essences, discovered back in the Twenties and Thirties by Harley Street physician and homeopath Dr Bach, and famed for their curative, restorative benefits. I love Les Fleurs Eau de Parfum No 1 Présence(s) de Bach, £44.50 for 50ml eau de parfum spray (www.lesfleursdebach.co.uk). A bouquet of vervain, clematis, rose and honeysuckle, pine, oak and crab apple, the result is a sweet but fresh floral - think blooming flower bed meets herb garden. The scent is meant to promote feelings of inner reconciliation and improved communication with those around you. Mind over matter? Whatever it is, it seems to work.

Q There seem to be a lot of cleansing balms in the shops these days. What makes them better than cream cleansers or wipes?

A I'm a huge fan of these - mostly because I'm impatient and want super-clean, gleaming skin fast. Cleansing balms are so fast, they remove a full face of make-up. And, because you massage them on and buff them off, usually with an accompanying muslin face cloth, your circulation is stimulated. Like most of the nation I have very dubious skin, and at first I was dubious about cleansing balms because of their slippery texture. But my doubts have been well and truly banished. I'm nearly at the bottom of a bottle of L'Oréal Paris (gratuit name) Professional Cleanse (£39.50; www.lorealparis.co.uk).

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WANT YOUR MAKE-UP TO LAST ALL DAY?
The trick is to use less of everything, says top make-up artist Lisa Eldridge. 'Most people use far too much moisturiser, don't take the time to massage it into the skin, then slap a load of foundation over the top, followed by powder and blush. No wonder it barely lasts. This is make-up's version of a landslide: it's all sliding down the face. If you apply it sparingly, working even quite a bit of time into the skin, it will bond better.'

THE RIGHT FRAGRANCE CAN HELP LIFT A BAD TEMPER

March 2010

THE FEEL-GOOD ISSUE

Esquire

108 THINGS TO MAKE YOU HAPPY

PLUS THE NEW KINGS OF COMEDY

THE MOST BEAUTIFUL WOMAN IN THE WORLD (OFFICIAL)

INTRODUCING THE HAPPIEST MAN IN THE WORLD (OFFICIAL)

ROBERT DOWNEY JR.



SHOWER GEL BY VIVACITÉ(S) DE BACH

Simultaneously cynical about the claims made for aromatherapy but perfectly clear about the importance of a great smell we're reluctantly sold on the appeal of Vivacité(s) de Bach's shower gel. It has a bright energising smell perfect for the morning routine. £17.50 (www.lesfleursdebach.co.uk)



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3 MORE INCHES PRE WASH TREATMENT BY MICHAEL VAN CLARK
Although it sounds like the subject of a spam email, hairdresser Michael Van Clark has been working on this product for three years. The Pre Wash Treatment works like a dream to smooth hair. £27.50 (www.3moreinches.com)

CELL DYNAMIC DAY PERFORMANCE SPF20 BY NUO
Of course, we'd never wear make up, would we? How about a product that, while moisturising, protects your skin so the day it was in better the Christmas party season too. In fact, it's so good it's worth quite acceptable. £9.99 (44.70.7734.1234)

NO MORE BY 303 GARDENS
EW
Produced on the small island of Calvey off the coast of Wales, this is a favourite of fragrance authority Luca Turin. 'The scent is, in his words, "the summer wind inside you".' It's fresh and spicy with notes of a metal, rose, water, etc. (www.303gardens.co.uk)

LAVENDER AFTERSHAVE BY CALVEY
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Telegraph magazine

epar*le

Beauty notebook by Kate Sharp and
Fashion & Beauty

THE BACKSTAGE SECRET HOPING THE SECRET REVEALED: LADY LADY is a new collection of... (text continues)

THE NOVELTY COLOUR SHIMMER... (text continues)

THE SCENT PRESENCE(S) DE BACH... (text continues)

THE COSMETIC FINEST... (text continues)

ELLIS HAD HOLDER... (text continues)

THE SCENT PRESENCE(S) DE BACH

Blended to enhance wellbeing, this natural scent mixes organic Bach Flower essences of vervain and clematis in its opening notes, honeysuckle and wild rose at its heart, and pine, oak and crab apple in its base. It is fresh, uplifting and a joy to wear. Spray, 50ml, £44.50 (lesfleursdebach.co.uk).



30th January 2010



Tatler treatments
Flower power
MEET OF BEETHOVEN BOOTS

Best for Getting going
The lowdown The Aqua Spa at the... (text continues)

My state of mind
Resolute... (text continues)

My close-up
Julienne Binsche... (text continues)

My inspirations
Chloe... (text continues)

My details
My... (text continues)

My year point
Foundation... (text continues)

My mood
My... (text continues)

Beauty flash
Get... (text continues)

Tatler treatments
Beauty
A mood-enhancing elixir has been... (text continues)

◁ mood-enhancing elixirs have been reworked into scrubs and oils. This treatment soothes every inch of the body, from your temples to your toes. Ingredients like crab apple, vervain and white chestnut work to calm emotions, while the therapist wipes out negative energy using reflexology, shiatsu and lymphatic-drainage techniques. **Our verdict** The best way to take the heat out of summer. Our tester left with lower blood pressure and higher self-esteem. **Details** From £85, at Content Beauty/Wellbeing, 14 Bulstrode Street, W1 (tel: 020 3075 1006; beingcontent.com).

July 2010



Q I know scent has an effect on mood, and I'm looking for a flowery fragrance - light, not heavy - with soothing qualities. Does one exist?

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Need advice? Beauty director SUZANNE DUCKETT solves this month's dilemmas

Q I'm having chemotherapy to treat breast cancer and have lost all my hair. It's really a low ebb anyway. Can you suggest a source of advice to help me cope?

Look Good... Feel Better is an excellent cancer support charity that provides uplifting makeover workshops to help women manage the visible side-effects of cancer treatment. The charity has put together a DVD and booklet full of confidence-boosting advice and techniques, with suggestions for head covering, scarf tying, changing and styling wigs, as well as tips from beauty experts, such as hairdresser Charles Worthington and top make-up artist Caroline Barron. The cost is £2.50 to cover postage, plus a small donation to the charity. Visit www.lgb.co.uk and click through to the Confidence Kit page.

WANT YOUR MAKE-UP TO LAST ALL DAY?
The trick is to use less of everything, says top make-up artist Lisa Eldridge. 'Most people use far too much moisturiser, don't take the time to massage it into the skin, then slap a load of foundation over the top, then sleep by powder and blush. No wonder it barely lasts.' This is make-up's version of a land-slide. Lisa's point is that if you apply sparingly, working even at the end of the day, it will bond better.

The right fragrance can help lift a bad temper.

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OK!'s Most Beautiful Health

Sexy times!

Here's how to rise to the occasion in the bedroom...

Romance is in the air this week and now's the time to get in the mood for love. Medical experts agree, you can improve your sex life by taking a few simple steps.



Above: Ashley Kutch and Demi Moore look like they have lots of fun in the bedroom - something's certainly put a smile on Demi's face! Left: Danny Cipriani and Kelly Brook look closer than ever. Below: Oysters are said to be an aphrodisiac

2 Les Fleurs de Bach Elixir, Libido, £7.95

Rekindle romance with a blend of organic Bach flower essences including wild rose, hornbeam, larch, crab apple and impatiens to work on your wellbeing and help regain your desire.



FOOD FOR LOVE

There are a number of nutrients that can affect your sex drive. Although low libido can be caused by many other factors, including stress, depression and ill health, all of which need addressing in their own right, if you are suffering from a low sex drive, it is worth exploring the nutritional causes, says top married Jane Clarke.

- **Vitamins A and E** - vital for the production of the sex hormones. In women, vitamin E particularly helps raise the level of the female sex hormone oestrogen, which in turn boosts sex drive. Natural sources include milk, seeds and wheatgerm.
- **Zinc** - low zinc levels have been linked to low libido in women and low sperm count in men. Boost up your zinc intake by eating up foods rich in this mineral: the shellfish, which includes oysters, for a special reason.



Get in the mood for love by making sure your diet is rich in all the essential nutrients. These include:

- **Outs which contain alkaloids** - these stimulate the libido.
- **Niacin (vitamin B3)** - found in meat, fish, eggs and cereals, which helps to improve men's erections and helps women feel in the mood for sex.

5 OF THE BEST Bedroom boosters!

- 1 Neal's Yard Sensual Jasmine Body Oil, £18.50** Make time for romance with this evocative blend of jasmine, ylang ylang and apricot kernel essential oils which will leave your skin feeling soft, smooth and sexy.
- 2 Les Fleurs de Bach Elixir, Libido, £7.95** Rekindle romance with a blend of organic Bach flower essences including wild rose, hornbeam, larch, crab apple and impatiens to work on your wellbeing and help regain your desire.
- 3 Pukka Herbs Gift Pack, £12.95** This set contains a mouth-watering spicy mix with rose, chamomile and lavender. An ultra-soothing blend to help you relax.
- 4 Hotel Chocolat The Magnificent Chocolate Heart Fruit & Nut Bliss, £28, £508** This yummy heart is made from dark chocolate, cherries and pecans to boost health.
- 5 Elemis Exotic Frangipani Moisture Melt, £29** Give your skin a special tropical treat with this exotic melt that can easily be melted into a silky oil, by placing in a bowl of warm water and then massaged into the skin.



BEAUTY BIBLE BLOG

JO AND SARAH TAKE YOU BEHIND THE SCENES OF THE BEAUTY INDUSTRY: THE LAUNCHES, THE PROS WE MEET - AND ALL OUR LATEST BEAUTY 'FINDS'

eparxle

WEDNESDAY, 7 APRIL 2010

Bach symphony (of bodycare...)

At Beauty Bible, we completely rely on flower remedies for everything from adjusting to a new time-zone to dealing with deadline-related uber-stress or just life's 'dither' moments. So when we were offered the chance to be the veryveryvery first to try the new Les Fleurs de Bach skincare, bodycare (and matching treatments), it was a no-brainer that we'd be hot-footing to the Soho Hotel before you can say 'Rescue Remedy'. And you know what? From the first whoosh of Les Fleurs de Bach Anti-Stress Treatment Fragrance, with its lavender, sage, bergamot and eucalyptus blend, the blood pressure dropped, the city's angst melted away and we were instantly 'spookily relaxed', as Jo mumbled somewhat incoherently afterwards, while trying to 'tweet' her experience (find us @Beauty_Bible on Twitter). Les Fleurs de Bach's range already scooped the 2009 international Beauty Challenger Award and we aren't surprised in the least we're particularly taken with Les Fleurs de Bach Organic Anti-Stress Night Cream, the mask (oh, we love a mask) and sugar scrub, all of which do have that - yes! - spookily relaxing effect, but are also pure skin bliss. (Organically certified by both Ecocert and Cosmebio, too). We skipped away with the entire collection (thereby queue-jumping the ever-lengthening waiting list at www.victoriahealth.com, where it lands soon). We'll keep you in the loop about where the treatments themselves will be available (there are all too few organically-certified spa options out there), but meanwhile our bathroom shelves just got a whole lot more crowded, and we couldn't be happier. (That's flower remedies for you.)



OUR FAVOURITE SITES

Beauty Bible Homepage
India Knight's Postorous blog
Maggie Alderson's book blog
The Leg Room

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BLOG ARCHIVE

- ▼ 2010 (34)
- ▼ April (1)
 - Bach symphony (of bodycare...)
- March (8)
- February (14)
- January (11)
- 2009 (53)

CONTRIBUTORS

Jo Fairley
Sarah Stacey

IF YOUR SKIN IS ON THE DRY OR THIN SIDE
(ie, you flush easily and need a rich moisturiser), exfoliate once a week using a gentle scrub such as **Les Fleurs de Bach Anti-Stress Exfoliator Cream, £22**. This'll tackle shine, blackheads and dirt build-up. Once a month, use a mask with fruit enzymes such as **A'kin Instant Radiance Facial Masque, £16.99**, to gently resurface skin.

6 Eat well - get your vitamins
"Eat certain great skin is also an inside-out job," says Dr. "It covers with all the vitamins, minerals and essential fats in the world is potatoes if you're not also digesting these nutrients in the form of fish, chicken, mushrooms and lots of veg." And if your eating habits are somewhat lacking? "There are clinical studies showing how specific supplements can benefit the skin," says Karl. Spicing up an evening meal, French-style honey-cinnamon suppositories offer solutions for any skin issues, such as psoriasis and eczema. "It's a Collagen Formula and Pure Complexion, from £21 for a one- or two-month supply. If you want the seriously easy route, check out The Organic Pharmacy's Glamazon Food Chocolate, £3.49, packed with vitamins, minerals and superherbs."

Anti-age your genes
"The tempo of anti-aging skincare is accelerating," says Dr. "The tempo of anti-aging skincare is accelerating." "The tempo of anti-aging skincare is accelerating." "The tempo of anti-aging skincare is accelerating."



epan*le



epan*le

EXPERT APPROVED
SKIN THAT GLOWS!
SEE RESULTS IN 7 DAYS

HEALTH REPORT
WHAT'S THE BEST AGE TO HAVE A BABY?

PARTY DRESS WORKOUT
LEAN LEGS ✓
TONED ARMS ✓
FLAT TUM ✓

Alesha's 10 moves for

LES FLEURS DE BACH EMERGENCY ELIXIR, £6.95

Prepared using the essence of wild flowers, this homeopathic elixir will leave you positively blissed out. Spray into your mouth when you're feeling frazzled and prepare to relax...



HEALTH BULLETIN

The latest ways to stay well, products reviewed and remedies tested



Crammed with pick-me-ups and treats, this nifty Survival Pack For Super Mums, £8 from Boots, makes the perfect pressie for busy mums.

Got three minutes..?

... then log on and help your health. Whether you're hunting for stress solutions or want a one-stop-shop for fertility advice, the answers are at your fingertips with these new online tools...
Paula Dore's new online mental health checker can help you try—and deal with—the symptoms of stress, anxiety or depression. Visit www.mhcheckr.co.uk.
Find out if your heart is as young as it should be at www.heartage.com. As well as calculating the health of your heart you can sign up for a free, personally tailored diet and plan to optimise your heart health.
To know the latest fertility advice, understand your cycle and find out your best dates to conceive? Check out the ovulation app and conception advice at www.fertilityfirst.co.uk.

PSST!
Fancy a 15-minute spa weekend, but haven't a clue where to go? Take a look at www.wellbeingmagazines.co.uk, where you'll find expert and user reviews of healthy holidays. It's worth a visit even if you can't fork out for a few days of pampering, as it's packed with tips from wellbeing experts on how to stay healthy this winter.

FLOWER POWER

Start the new year stress free with the latest in plant-based relaxation remedies...

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Prepared using the essence of wild flowers, this homeopathic elixir will leave you positively blissed out. Spray into your mouth when you're feeling frazzled and prepare to relax...

PRIMAVERA SLEEP THERAPY PILLOW MIST, £8.75

Skip into slumber with a few spritzes of this new air and pillow spray. Its calming lavender and neroli oil will send you to the land of nod in no time.

RMK MASSAGE BALM, £35

What do you get when you combine jojoba, avocado and olive oil with sage, yarrow and rosemary essential oils? A delicious balm that, as well as boosting your circulation and dispelling toxins, naturally relieves tension.

29

January 2010

THE PROFESSIONALS

I have a serious problem with blocked pores and blackheads. I go for a facial about once every two months, but it doesn't seem to be improving the situation. Is there anything I can do at home?
Rachel, by email

It's worth investing in the new at-home pore-cleansing device by Biss (£125, bisslondon.co.uk). It uses sonic vibrations, which, coupled with the toner, create micro jets to deep-clean pores. Used once a week, it's your best bet for consistently clean skin. Or, if you prefer a topical solution, Dr. Breathe's Pores No More Vacuum Cleaner (£38, spacek.co.uk) contains alpha and beta hydroxy acids, which help to lift impurities from the skin while absorbing excess oil to prevent pores from being blocked again.

FLOWER POWER

INSPIRED BY ITS FAMOUS REMEDIES, BACH HAS LAUNCHED AN ORGANIC SKINCARE RANGE. LES FLEURS DE BACH ORGANIC ANTISTRESS RANGE IS BASED ON THE SAME ESSENCES AS THE REMEDIES, WITH FACE AND BODY TREATMENTS ALSO AVAILABLE. CLEANSING MILK, £20; LESFLEURSDEBACH.CO.UK



YOUR STYLE BEAUTY NEWS



WHAT'S NEW

DIETRICH STYLE
While the rest of us go to great pains to perfect our beach waves and sunkissed glows, Emma Lascars, the Romanian-born Canadian model, is busy carving out her own beauty path. Seen here at the recent launch of the new Salvatore Ferragamo fragrance, Athens, in New York, Miss L. should suit from the crowd with an endorphin-inducing feathered bob, necked to the shoulders, and a cream-colored dress that would make Clara Bow proud. Replicating in head to toe black, Lascars is a modern-day Marlene Dietrich. Dray!

YOUR FAVOURITE TIP OF THE WEEK

For a summer look with red lips that isn't overdone, leave off the mascara. Send tips and dilemmas to beauty@roundup-dimes.co.uk

FLOWER POWER

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PLUM LOCO

You know you're going to want it, and you know it'll play hard to get. So make things easier for yourself and get your name on the waiting list now for Paradoxical, the new plum nail varnish with a grey shimmer, by Chanel. £18.50, from August 23

IL LIFE

NEUVE, ILLUSTRATOR
Make-up during the day. If I'm going out, I apply Shu Uemura Fluid Foundation and a Shu Uemura red or purple lipstick. Short hair and I dyed it no more than in the end I just wanted long and blonde. I have it highlighted now and use Kate's new using Elizabeth Arden Intensive 3-in-1 Daily A Perfect World Intensely Hydrating Body Cream by the way when I was younger. I use Clinique for tan instead.



25th July 2010