

THE Beauty RULES

You take them at face value – but are they just ugly rumours?

No 27. Never dye your hair darker than its natural colour

Celebrity stylist Mark Hill, who tends the locks of Myleene Klass and Fearnie Cotton, says: "Mousey shades always seem to be improved by going a little darker but most hairdressers would advise that, if you're considering a new colour, you should try to stick within three shades of your natural shade – whether you're going darker or lighter. It's certainly a good rule to follow in the first instance. That way, things won't go too badly wrong. You can always work up from there if you feel there's still room for improvement. But whether you can carry off a total transformation is very much up to the individual. For example, Madonna has tried every colour under the sun, and while being fair definitely suits her best, she managed to carry off dark brown and even black hair at different stages of her career. This is because each time she changes shade, she alters her whole image. Going dark can really wash you out, so the secret is to adapt your make-up and wardrobe to complement your new shade. You'll need to go for bolder colours and going out without any make-up will leave most people looking drawn. Another factor that is worth considering is that the upkeep of a new shade is a real commitment in both time and money. You have to be willing to have your roots coloured every six weeks or they will be very obvious. It's definitely high maintenance."

THE VERDICT:

If you're unsure about changing your shade, it's worth visiting your hairdresser for advice. The consultation should be free and going along doesn't commit you to anything. Also, always make sure you do a patch test 24 hours before dyeing your hair. Even if you've used a brand before, allergies can develop at any time.



Treatment of the week

Lubramine

I have always eaten a healthy diet and do aerobics regularly, so I wasn't expecting any problems with my joints until I was much older. I'm only 45 years old, after all. However, one day I was up a ladder doing some DIY when suddenly there was a sharp pain in my knee. I had trouble coming back down and had to sit for 20 minutes until the pain subsided. The next day, my knee was swollen, so my GP referred me to a consultant rheumatologist. He X-rayed me and diagnosed osteoarthritis. I couldn't believe it. My main concern was that I wouldn't be able to continue doing aerobics and lead the active lifestyle I was used to, so I started reading up on how I could keep the pain at bay. I discovered a joint health supplement called Lubramine, which contains a blend of fatty acids known as Celadrin. It helps to keep joints lubricated and lessens the inflammation. I heard that the supplement is supposed to be even more effective than glucosamine, so I thought I'd give it a go. After a few weeks, the pain went away and I have actually become more mobile than I used to be. Even my aerobics instructor commented on my newfound enthusiasm in the gym. I'm thinking about running the marathon now.

Lola Barker

Lubramine costs £9.99 for 30 capsules from Boots and Superdrug. For more information, visit www.lubramine.com.

Beauty counter

Ten years ago I was obsessed with Calvin Klein's beauty products – I still use my set of CK brushes, my first "grown up" make-up purchase. Then the range disappeared without a trace. So I was excited to hear that Calvin Klein beauty

is making a comeback. It's an entirely new collection, so I won't be able to stock up on old faves, but I'm already a fan of the Infinite Hydration Moisturizing Foundation. Out this Thursday, prices range from £10; 08701 607270.



THE 3 STEP PLAN

The ultimate home weight loss plan
Kick starting your weight loss resolutions needn't be an uphill struggle with HowToGetSlim's three-pronged plan. Step one is the Detox Colon Cleanser, a natural supplement that helps clear the colon of bulky waste that can build up there. Step two is a simple, discreet patch which releases natural extracts to suppress the appetite while step three consists

of free meal plans and free online fitness videos to help you slim down and tone up in no time. Priced just £49.95 (plus £2.95 p&p) for 120 tablets, 30 patches and 30 days of fitness videos; get the body you've always dreamed of by visiting www.howtogetslim.co.uk.



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For more information, visit www.lubramine.com.

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