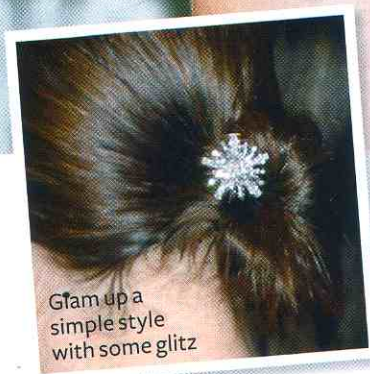




Anne's easy up-do



Glam up a simple style with some glitz

and loop up the tail. Then push the grip down behind the first band to cover it and create a little bun. Then decorate with accessories." Complete the look with strong-hold spray to ensure your do lasts the night.

Q How can I transform my everyday ponytail into a disco-worthy do?

Nancy, Nottingham

A "All you need is an extra hairband, a kirby grip and finishing spray," says hairstylist Paul Labrecque, who works with Anne Hathaway. First, make sure your pony is sitting low. Then, "Secure the second hairband to the last two inches of your hair at the bottom of the ponytail," says Labrecque. "Take the kirby grip, hook it through the second hairband



So Secure Bobby Pins, 79p, Goody (0844 412 1182)

Snag-Free Pony Elastics, £2.65 for eight, Blax (0870 350 2390)

3-STEP UP-DO

Q I love glitter and sparkles, but is there a sophisticated way to wear them?

Lily, Manchester

A "Don't apply glitter to your eyes, cheeks and lips as you'll look like you've had a collision with a disco ball," says make-up artist Daniel Sandler, whose clients include Marchesa fashionista Georgina Chapman and Geri Halliwell. "Apply it to one area only. Try glittery liquid liners in black, silver, dark green or gold for eyes, sheer powders for cheekbones or sparkly glosses for lips." So what's Sandler's secret weapon for glitter that goes everywhere? "Sellotape! Use some to gently lift off offending sparkles," he says.



SONIA RYKIEL AUTUMN/WINTER

From below left, Custom Blend Lip Gloss in The Kay, £20, Prescriptives (0870 034 2566); Crushed Jewel Gel Liner in Onyx, £9.50, Jemma Kidd Make Up (available at Boots nationwide)



Q I've got small bumps on my upper arms and want to get rid of them for the LBD season. Help!

Amy, via email

A The bumps are known as "keratosis pilaris" and are caused by too much keratin (the protein that skin cells naturally produce to form the top layer of skin) around the hair follicle, says Kerry Best, of Sk:n Clinic. "Look for body products containing high concentrations of glycolic acid (a natural acid found in sugar cane), as they reduce the keratin build-up," adds Best. Try KP Duty Dermatologist Body Scrub, £31; and KP Duty Dermatologist Moisturising Therapy, £25, both by Dermadoctor (0800 123 400),

for an at-home treatment. For professional help, the Isolaz machine combines a broadband light with a vacuum to unclog the hair follicle and target redness. First, a clinical-strength glycolic peel is applied to exfoliate. Next, the light and suction duo are swept over the area to suck out the congestion. Results can be achieved in one session, but up to six treatments may be needed. Keratosis pilaris treatment costs £199 per session, or a course of six costs £990, at Sk:n Clinic nationwide. Call 0800 028 7222 for more information. ■