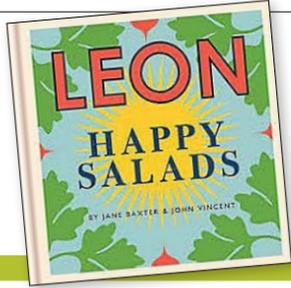


**Trend spot**

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# London Life

## Fitness & Beauty

**Trends**

To roll back the years without raising brows, a new en point Botox pen may be the answer

**B**OTOX is dead: long live Botox. Time was when appearance-conscious sorts would compare how spookily smooth their foreheads were, skin tightened around widened eyes to deliver a slightly disturbing stare. Re-encountering this look at a Manhattan haunt of the well and truly Botoxed not long ago made me wince. I spent the evening mesmerised by my host's forehead. Her lines had been so ruthlessly eradicated that they had ended up as a single high ridge under the hairline. Having planned to ask her who her dermatologist was, I changed my mind. Now that is a sure sign of Botox fatigue.

And yet there is no more effective way of dealing with stubbornly ageing lines than a dab of neurotoxins to freeze the muscles. So a new generation of practitioners are leaving the "frozen forehead" look in favour of "tweakments": small, targeted

'Tweakments', small, targeted interventions, leave us looking refreshed rather than radically changed

interventions that leave us looking refreshed rather than radically changed.

The Botox pen is part of this evolution – a lighter, less painful and more precise way of treatment via a motorised injection. Dr Jules Nabet is one of the dabbest hands in London with the Botox pen, developed in Switzerland. One of a small, sought-after cast of French cosmetic dermatologists working in London, Nabet imported the more natural beauty of Inès de la Fressange and Isabelle Huppert. Others agree. A luminous Robin Wright, playing the alluring villainess Claire in House of Cards, says candidly she favours a light "sprinkling" of Botox twice a year. Michael Gove's journalist wife Sarah Vine agrees.

Next-generation Botox aims for a natural look, so people won't be able to tell you have had a "procedure". The Botox pen wielded by Dr Nabet, in a modest basement in Kensington, looks reassuringly different to a traditional needle and the

Continued on Page 30

# Is it time for a tweakment?



## London's best Cycling caps

Keeping the sweat and sun out of your eyes but, more importantly, looking like a total pro, cycling caps (worn underneath a helmet, safety first) are the mark of a true enthusiast. It is a matter of hard debate in cycling circles whether or not it's OK to wear them off the bike. We're inclined to say probably not.

**Rapha Pro Team Cap**

The chickest of bike brands has produced the classic cap shape but in muted colours – because not everything needs to be neon in cycling. £30, [rapha.cc](http://rapha.cc)



**Look Mum No Hands Cap**

Keep things monochrome and show some love for east London's coolest cycling cafe. £10, [shop.lookmumnohands.com](http://shop.lookmumnohands.com)



**Morvélo Homeward Cap**

Commute home on a perfect summer's evening with a cap that looks like a perfect summer sunset. £15, [morvelo.com](http://morvelo.com)



**Isadore Angliru Climbers Cap**

Channel skater vibes with this tropical yellow and khaki print. £15, [wiggle.co.uk](http://wiggle.co.uk)



**Solo Cap**

For a true retro look that Belgian five-time Tour de France winner Eddy Merckx would be proud of, this classic design is spot-on. £12, [solocc.com](http://solocc.com)



Rachael Sigeo

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"tweatment" feels more like a short, blunt, minor prod. It's not exactly pleasant but not the wincing pain of the old-school interventions. Because it is minutely targeted, there's less danger of bruising.

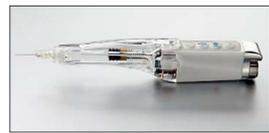
The device always injects the pre-selected dose, without the pressure of a needle "so there is no chance of injecting too much leading to a more frozen look", says Nabet.

Recovery time is quick, with less bashed-around feelings you get after needle treatments or dermarollers. But the accuracy of the hand wielding a pen matters, so choose experts wisely.

Results take a few days to appear and lines are softened, rather than ironed

out – preferable to the totally resurfaced look. On one encounter, I would say results work better on the forehead and are modest on the upper lip. Those who want to look more plumped out may prefer to brave a filler there.

Another French skin expert in London, Georges Roman in Devonshire Street (he treats a lot of FTSE 100 CEOs), sticks to traditional needle methods but spends a lot of time weigh-



Less painful: the new Botox pen

ing up angles and variations in facial muscles. Roman reckons "subtlety is now what we should aim for, letting faces evolve with life but looking fresh" – and Nabet agrees. "If people say you look well afterwards and can't say why, that's a good result." The tweatment is here to stay – with a bonus that you can fool all around you into believing you are naturally smooth and never look worried about a thing.

**Name of treatment:** Dr Jules Nabet Botox Pen

**Price:** £280

**Duration:** 15-20 minutes

**Downtime:** slight redness which goes down in 30 minutes (Botox takes three to seven days to take full effect)

**How to book in:** julesnabet.com

Anne McElvoy

# All present and correct

**Beauty**  
The ultimate complexion hack is a kaleidoscopic affair. **Emma McCarthy** prepares to paint her face pretty

**W**HEN it comes to creating a perfectly flawless complexion, smearing a paintbox of pastel-hued colours over your face doesn't seem like the obvious solution. Welcome to the mind-boggling world of colour correcting – a candy-striped cosmetic concept that is proving to be the hottest thing to hit your Instagram since #contouring. As Alexia Inge, co-founder of insider online beauty emporium Cult Beauty, confirms: "Colour correcting is officially the new contouring. Over the past couple of months we've seen a huge rise in both searches and sales of colour-correcting complexion products. When done well, the effects are instantaneous and incredibly addictive."

But this isn't about carving out a new set of cheekbones – it's a technique designed to give you the skin of your dreams. "Colour correcting is one of the first things you learn as a make-up artist, to subtly perfect the complexion canvas before you start your masterpiece," she says. But despite its professional background, the rules are reassuringly simple, relying on the basic principles of colour theory that contrasting colours have the ability to cancel each other out.

As Inge explains: "Pistachio neutralises redness, peach or red cancels out the blue you find in dark circles, and lavender lifts sallowness (mostly found with olive skin tones)."

MAC senior artist Rebecca Butterworth is another believer in the power of colour. "Green colour correctors are particularly effective on light skin tones for correcting red spots. But a word of warning – green can be too effective, leaving your skin looking grey and ashy, so use it sparingly."

For larger areas of rosiness, Butterworth recommends going a few shades down from Kermit the Frog green. "I find that yellow delivers great colour-balancing to red areas without the strange undertones that come with green. For covering large areas of redness or acne, a yellow primer is the most effective solution. Mix MAC Prep & Prime CC Colour Correcting Primer in 'Neutralise' into moisturiser and apply with your fingers for superb redness control." MAC's correcting line also boasts a setting powder (8) for a perfect finish.

And it's not just your post-gym/red-wine flush that you can get under control with colour. "Yellow is fantastic at brightening around the eye area and cancelling out the red/purple tones that can make your eyes look sore or tired," says Butterworth. Good news for hay fever sufferers.

As for those burning the candle at both ends, a coat of orange or peach will zap dark eye circles. And if you're feeling a little green around the gills, try purple. "Lav-

ender brightens and lifts as it neutralises," advises Butterworth. "MAC Strobe Cream has a soft lavender pearl running through it, which beautifully and subtly lifts yellow/greenish tones out of your skin, leaving you looking like you've had 10 hours' sleep."

Of course, as with all the best beauty hacks, application is everything. Butterworth advises using a CC primer under your foundation when dealing with large areas, while for specific placement or intense areas of pigmentation, she suggests that we dab on our chosen colour corrector with a fine liner brush or a sponge.

Cult brand Beautyblender has just the thing with its set of four mini correction sponges (4), each one colour-coordinated and downsized to target smaller areas of the face such as under the eyes and around the nose. Stila's Correct and Perfect all-in-one colour-correcting palette (1) is another no-brainer purchase for newcomers to the technique. It contains five creamy colour correctors to tackle all



**Easel does it:** above: Stila's Correct and Perfect all-in-one colour-correcting palette

complexion bugbears, plus two tinted finishing powders and a handy face-map instruction manual for professional and foolproof application.

Complexion perfectors Cover FX has also cornered the market with its Correct Click correctors (6), ranging from brick red – to counteract ashiness and dark spots in deep skin tones – to prim-

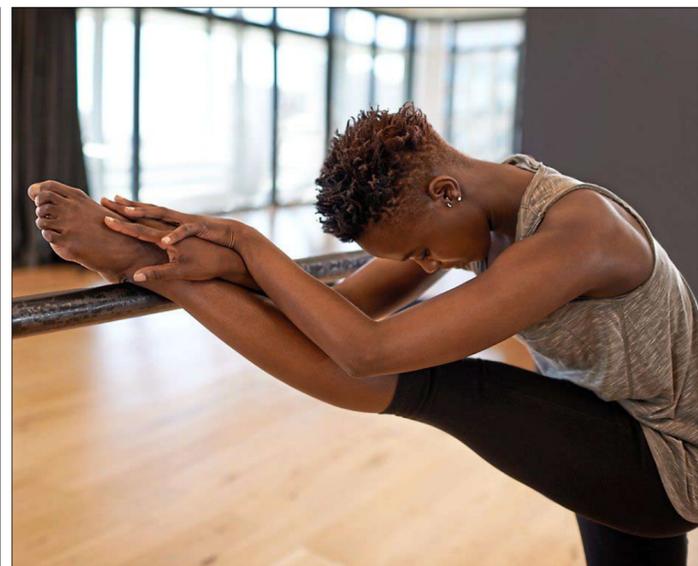
rose, for purple patches on pale skin tones.

For Inge, the winner is Becca's Backlight Targeted Colour Corrector quad (9) – "they've been selling like hot cakes" she says – which she loves for its ability to conceal and imbue a flattering luminosity. Urban Decay's new Naked Skin Colour Correctors (7) – coming to the UK in August – contain pearlescent pigments to offer similarly glowing results.

If it's just a light adjustment you need, try Clinique's pigmented Superprimers (5) – six alarmingly coloured tubes which create a surprisingly flattering base before foundation – and target localised trouble spots with YSL's Touche Eclat Neutralizers (2), which offer the same cult concealer bolstered by violet, apricot and green tinges.

For low-maintenance types, things don't get much more straightforward than Marc Jacobs' clever Cover(t) Sticks. Each of the three shades are marbled with dual hues – pink and lilac, citron and lime or peach and caramel – for effortless application and a blurred, soft-focus finish. And if it's longevity you're after, try Algenist's Concentrated Colour Correcting Drops (3). Available in four shades – green, pink, blue and apricot – each high-tech formula is laced with alguronic acid and micro-algae oil, which not only cover the problem immediately but work to correct it below the surface within 10 days.

@standardfashion



## Why barre is hot stuff

PEOPLE don't usually leave a barre class dripping in sweat. The ballet-based fitness craze, which uses the barre as a support, has you doing tiny core movements designed to lengthen limbs and promote lean muscle. Burpees, box-jumping and the attendant buckets of perspiration have no place in the serene, elegant world of barre.

But Paola Di Lanzo is here to change all that with hot barre, performed, like bikram and other types of hot yoga, in a heated studio. "You will sweat like never before," enthuses the Australian, "and leave the class feeling invigorated and energised." The heat, she says, flushes toxins from your blood and metabolic waste from your muscles, while "the body has to work harder to cool itself off when you exercise in this heat, so a hot barre class will increase the metabolic load and the calories burned during your session". Then there's the flexibility boost, as heat increases your ability to stretch, and improvement to your body's ability to cool itself with perspiration. Less Swan Lake, then, more Sweat Lake.

Like practically every other modern fitness craze, hot barre classes began to ooze so gracefully emerge in LA and New York, but Di Lanzo is the first to bring sweaty ballet to London. She's been running her signature BodyBarre classes – a fusion of barre and Pilates – at London's more exclusive boutique gyms for years, and counts Amber Le Bon as a client. Now, just in time for the muggy London summer, she's introduced hot barre at the private members' club, the South Kensington Club.

In a tiny mirrored room heated to 32C (think Central line at rush hour), I join her for a sweaty stretch. Childhood ballet lessons scarred me for life (I was a rotund child with all the flexibility of a raw carrot). I'm terrible at stretching out after the gym, and my arms are bizarrely short for my height. Not a good start but I've been assured that "It's actually a good class to start with as we take it slower than a regular barre class so it's much easier to learn the

**The sweatiest barre none:** ballet exercises in high temperatures are one of many fusion classes

routines." Handy for someone who struggles to bend to the bottom wine shelf in Waitrose. I'm more worried about the heat.

"Luckily it's not too hot in here today," the über-honed and tanned Di Lanzo assures me. I beg to differ. The fast-paced squats, lunges, leg raises and V-sits of Di Lanzo's barre fusion would have me sweating in a nice air-conditioned studio; at 32C, I'm losing about six pints a minute.

"You're a ballerina now!" she chirps into my streaming face, two seconds before I collapse out of fourth position with a splash. After 40 minutes I've downed over a litre of water and feel like I've lost four times that; I certainly believe Di Lanzo when she recommends it as a hangover detox. At any rate, you'd better learn to stand the heat: Di Lanzo predicts London is heading towards ever warmer workouts, and in the US, heat junkies are uppercutting and step-kicking their way through terrifying-sounding "hot boxing" sessions.

Yotopia in Covent Garden is already running a fusion Hot Boxing Yoga class, alongside eight other "hot" yoga classes, from the super-fast Hot Rocket to the ultra-chilled Hot Relaxing Yin Yoga, and the Hot Yoga Society in London Bridge has a "Hot Core, Abs and Glute Blast" class.

And if you're more about pigeon poses than pliés or punches, there's never been a better time to get into hot yoga, with an ever greater number of sweat-inducing classes damply springing up around the capital. Third Space recently opened the UK's first dedicated hot yoga studio at its Tower Bridge branch, where sweaty stretchers can also do hot Pilates, while The Hot Spot in Parsons Green (where Di Lanzo has also just launched her BodyBarre classes) offers five to six classes every day.

There are even special candlelit sessions at the weekend to help you chill as you drip your way through countless downward dogs. Sweat has never been so hot.

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