



Liz Wilde's Beauty SOS

She'll come to your rescue

WHY DID HER HAIR CHANGE COLOUR?

This is my daughter Anne and her son Joe, now four. When Anne was pregnant, her hair changed colour. I had never heard of this happening before — have you, Liz?
Ellen Rogers, Fennagh, Co Carlow



I spoke to hair expert Glenn Lyons at Philip Kingsley — call 020 7629 4004 for an appointment — who said that while it's usual for hair to change texture during pregnancy, colour change is less common. But there are always exceptions and your daughter is one of them!

HELP ME SHRINK LARGE PORES

I have enlarged pores which look awful. Do you know of anything I can do to make them appear smaller?
Debra Hazzard, Priory Park Road, Kilburn, London

An easy way to minimise the look of open pores is to stop using a moisturiser

on the problem area. I'm afraid you can't make enlarged pores disappear, but try Neutrogena's Visibly Refined product range, which reduces the appearance of enlarged pores and helps deal with excess oil.

The soap-free Pore Refining Facial Wash, £3.99, promises an improvement in pore size after two weeks. Follow with Pore Refining Mattifier, £9.99, which absorbs oil and controls shine for up to eight hours. You'll find the range in Lloyds-pharmacies and Superdrug.

CAN I REPAIR MY SKIN?

I am 33 and was a sun worshipper in my youth, so I may have damaged my skin. What can I do now to stop the skin on my neck and chest looking crinkly when I get older?

Liz Giles, Aireview Crescent, Baildon, W Yorks

Although most of us look after our faces in the sun, the chest is often left exposed to the elements. The first step in protecting yourself from further damage is to use an SPF15 moisturiser. Apply it to your chest at the same time as your face, and use upward sweeping movements. Then

if you want to invest in an anti-ageing cream, I'd suggest Almay Kinetin Firming Neck & Chest Treatment, £16.95, which claims to make skin firmer. Call 0800 085 2716 for stockists.

TANNING GAVE ME FRECKLES

I was very pale and couldn't find a suitable fake tan, so I had sunbed sessions. I now have a healthy colour, but my face is covered in freckles. Do you know of a good foundation that will hide them?



Amy Hall, Greendale Road, Bedminster, Bristol

Sunbeds not only bring out freckles — which are your pale skin's natural defence against the sun — they also age skin if used on a regular basis. If you carry on with those sunbed sessions you'll soon notice your skin starting to age.

Get around the problem of a fake tan being too dark by mixing it with a dollop of moisturiser before applying, to dilute the colour. Using a fake tan also helps disguise freckles without any need

LIP TREATS OF THE WEEK

New Trilogy Intensive Lip Treatment, £6.95, is a petroleum-free stick made with pure rosehip seed oil. It's light enough to feel fab on your lips but moisturising enough to soften even parched skin. Buy it at leading health stores or call 01403 786035 to order by mail.

A cheaper alternative is Lush Whipstick, £3.95, a tin of cold-pressed almond, olive and wheatgerm oil mixed with shea butter and essential oils of orange, tangerine and vanilla. Not only is Whipstick wonderful at moisturising and preventing water loss, it also smells just like a bar of chocolate! You can buy it in Lush stores or call 01202 668545 to order by mail.



for make-up. As for a foundation that will hide your freckles, try Bourjois Happy Light Foundation, £7.95, an oil-free medium-coverage product designed to cover without looking heavy. Call 0800 269836 for stockists.

pool. As I now always swim indoors and no longer need a sun-protection shampoo, I wondered if you could suggest a cheaper alternative?

Cindy Silvester, Wellington Road, Todmorden, W Yorks

WHICH SHAMPOO FOR SWIMMING?

I swim regularly and use a shampoo from a range that's designed to protect my hair against the sun as well as chemicals in the



I'd recommend UltraSwim Protective Shampoo, £3.15, which is designed to stop your hair getting dry. Find it in Superdrug, Tesco and Sainsbury's, or call 01256 844144 for stockists.

You could also use Pantene Amino Pro-V 2-Minute Intensive Strength Conditioner, £3.99, to keep hair strong and healthy.

PASS IT ON!

I'd like to recommend a product to readers who suffer from psoriasis. My skin was in a terrible state until I tried The Original Health Soap, which was made to alleviate skin disorders such as psoriasis and eczema. I'm pleased to report that the soap does the trick and I'm now almost free of this condition.

A pack of eight bars costs £19.99 and you can buy them by calling 0870 606 0758 or via the company website at www.originalhealthsoap.co.uk. You can call the customer care line on 0870 606 0759 for details.

K Holmes, Skippers Lane, Middlesbrough

Liz says: Thanks for the information on the soap, but I would also advise

Readers share their beauty tips

readers to consult their GP before trying any products for the treatment of psoriasis or eczema.



I read a letter from someone who was having problems finding a foundation to suit her darker skin tone. The good news is that Avon Sheer Nourishment Stick Foundation, Incredible Finish Foundation and Sheer Nourishment Tinted Moisturiser should fit the bill.

If the reader calls Avon on 0845 601 4040, she'll be put in touch with a local representative who will be

able to advise her on the foundations and give her samples to try before she makes a purchase. How's that for service?

Carole Gasan, Hillclose Estate, Stroud, Glos

I'm allergic to lanolin and have always struggled to find skincare products that I like. Then I heard about the Martha Hill range, which doesn't contain lanolin. I've used these products for three years and I can't recommend them highly enough to readers. You can order a catalogue by calling 0800 980 6662, or shop online at www.beautynaturals.com

Mrs Sherrell, St Georges Road, Hanworth, Gtr London

£40 Do you have a question for Liz? £20 for each letter used, plus £20 for photos of you at your best — or worst! Send to Beauty SOS, Take a Break, FREEPOST LON12043, H Bauer Publishing, London NW1 1YU, or e-mail Liz at tab.beautysos@bauer.co.uk

