

Chanel Rouge Allure Luminous Satin Lip Colour in Excessive, \$50, (02) 9900 2944.

ModelCo One Night Tan, \$26, (02) 8354 6700.

## T is for Tan Gloss.

Commitment-phobes terrified of spray-tans take note. The latest wash-off versions (try ModelCo One Night Tan, \$26) are DHA-free, so you get colour that doesn't rub off, but rinses away with soap and water at the end of the night. Think your tan is too flat (calves, shins and décolletage are particularly prone)? Try a body gloss. St. Tropez Shimmer Stick, \$34.95, 1800 358 999, is a backstage staple — at fashion weeks worldwide.

## V is for Vitamin B12 Injections.

It's otherwise known as the energy or stamina vitamin, as it's responsible for building DNA, producing red blood cells and is a renowned remedy for fatigue because it accelerates your rate of metabolism. Some doctors warn this energy jab only has a placebo effect, but many on the A-list party circuit swear by it for, among other things, reducing the effect of hangovers.

## X is for Xylitol.

Need to whittle yourself into an Hervé Léger number? According to Dr Lee Nelson of New Zealand's Split Apple Retreat, a wellness centre frequented by the rich and famous, replacing sugar with xylitol will help get blood sugar levels under control. "It looks and tastes just like sugar, is naturally occurring and has a GI of eight as opposed to 100 for glucose," he explains. "It's available in powder form from the health-food store, but it does have one downside and that's a laxative effect if over-consumed, until tolerance builds."

Clarins Mono Couleur Eye Shadow in No.13 Sunny Yellow, \$34, (02) 9663 4277.



Mary Katrantzou S/S 2011.

## Y is for Yellow ...

and lavender, royal blue and acqua: happy hues, in other words. A wash of brightly coloured eye shadow can make a tan pop, but the rule this time around is the total focus on one feature. So downplay lipstick, blush and eyeliner, and just let the eye shadow do the talking.

## R is for Red.

'Tis the season for siren shades, so take inspiration from the Chanel couture show and opt for dark berry lips. Still consider them a little matronly? Amp up the cool factor by wearing with a tousled hairdo as they did on the runway. We love Chanel Rouge Allure Pure Shine Intense Colour Long Wear Lip Gloss in Insolence, \$50, (02) 9900 2944, (high shine and lasting colour) or Rouge Allure Luminous Satin Lip Colour in Excessive, \$50, for a more pared-down effect.

## S is Speed-dial Now.

Best-kept spray-tan secret in town: 0404 250 997. Felisha Holloway of Beaches Spray Tan is beloved of newsmakers, bikini models and soapie starlets, and her Chevron Island sprays deliver the most realistic and longest-lasting golden glow we've experienced ... along with envy from every other beauty editor in town.



Napoleon Perdis Mighty Concealer Pen, \$35.

## U is for Undereye Concealer.

A morning-after essential. "If you're covering deep, dark circles under your eyes, choose a concealer that's one to two shades paler than your foundation," advises Morris. "Always opt for a creamy texture so it's easy to blend, and yellow tones which will help lighten the area." We swear by the Napoleon Perdis Mighty Concealer Pen, \$35, (02) 8595 0911.

Michael Kors S/S 2011



## W is for Wispy.

Party 'do of the season would have to be romantic loose rolls raked back to the nape. Steal ideas from Dolce & Gabbana's version, inspired by Botticelli paintings; Proenza Schouler's, which had a messy Hitchcock feel; or Michael Kors's beachy waves tied into an easy knot.

## Z is for Zinc.

Oxide. If your party is in daylight hours, don't skimp on the sunscreen out of fear it will ruin your look. You need a broad-spectrum version — one that targets both UVA and UVB rays — so look for ingredients such as zinc oxide, Mexoryl or Helioplex. Find the stuff irritating? Look for one with physical blockers instead of chemicals. Again, zinc oxide or titanium dioxide are great for delicate types.