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 Elave Men's Range Shaving Gel
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Salon secrets

Bouffant hairstyle

Wearing your hair in a simple ponytail can become boring after a while. But sometimes it's hard to know what other relatively simple styles are out there to use on a regular basis without looking like you're on a night out or going to a wedding. One style that still looks simple but not as plain is a bouffant style, as worn by singer Amy Winehouse, pictured right.



We asked Tina Ranallo, of Tina's Hair Care Salon, Rushden, for her expert advice on how to give the bouffant a modern twist.

Tina said: "The key to a bouffant or quiff hair style is back-combing. A lot of people don't know how to do it properly but the key is to keep your hand firm."

"Starting at the front of your hair, take small sections and holding your hair straight up in your hand from your head, gently push a comb down your hair back towards your scalp."

"Don't allow your hand holding your hair to go down with the comb, keep it in the same place, this will prevent your hair from getting in knots when it comes to brushing it later."

"If you back comb in the correct way, it will be easy to smooth the top of the hair over and place it how you want it, especially if you don't want it too high."

"If you are just wanting the top of your head raised up in a ponytail, then don't back comb the sides, but if you are having your hair half up and half down, it makes sense to back comb the sides as well and then gather it all together at the back with a pin or slide."

"Like any style, it's slightly harder to do when the hair is freshly washed because it can be very soft."

"However if you decide to do it that way, you may need to apply a touch of gel or hairspray to the palm of your hand to get that smooth over the hair to stop any flyaway strands."

"When it comes to hairspray, I wouldn't recommend using the extra strength or hold ones because they can leave your hair sticky or wet-looking."

"It's also important to remember not to spray the hairspray to close to your head, hold it at arm's length and then it won't look too stiff."

Beauty Spree

Cosmetics ARE for chaps

You says men don't need help to look good?

With Valentine's Day just around the corner, everyone is trying to look their best, whether it's to pick up a new partner or impress the one they've got. But beauty regimes don't just apply to women, and this is reflected in the fact that more and more men's skincare products are appearing on the market. Spree has put together a few products that can help you in every aspect of your beauty regime so that you can be a real Valentino this Valentine's Day.

■ Having a good face wash is essential to any beauty regime and there are plenty to choose from. Neutrogena has a wide range of face washes but Spree would particularly recommend the Visibly Clear 2-in-1 face wash and mask, (£3.79 from Boots in Kettering, Wellingborough and Corby). It's a unique cleanser which can be used daily as a face wash to clean away dirt and excess oil, but can also be used as a weekly mask to cleanse deep down into your pores and condition the skin.

■ If you want something with a bit more grit, the best thing to buy is a facial scrub. Boots has one in its own Expert range, (£3.99 for 200ml) as do brands such as Botanics and Nivea for Men. The Body Shop's facial scrub for men (£7 for 100ml from their branches in Kettering and Northampton) contains crushed rice, which helps clear pores, and sweet almond oil to soften the skin.

■ Shaving can be a nightmare for a lot of men, with blotchy, inflamed or dry skin being some of the problems. But thankfully there are numerous shaving gels for sensitive skin out there, including Elave's shave gel (£5.99 from most independent chemists).

■ Finally, no beauty regime, whether male or female, is complete without a good moisturiser. Many top brands like Gillette, Boss skin care and L'Oréal Expert provide them but Spree has found that lesser-known brands, such as King of Shaves, make excellent ones too. King of Shaves' K-24 men's moisturiser (currently £3.83 from Boots) is suitable for daily use and features a dual skin defence system which protects the skin from harmful UVA/UVB rays and damaging oxidants.



■ FROM LEFT: Neutrogena Visibly Clear, Body Shop face scrub, Elave shaving gel, King of Shaves soothing balm

BEAUTY SPOT

Show the apple of your eye how much you care with a sensual massage session.

Neal's Yard Remedies limited edition Massage in a Bottle Valentine's Day gift set (£20) includes Vanilla & Veltiver Organic Massage Oil, a Veltiver candle.

Log onto www.neal-syardremedies.com to buy your set or call the mail order line 0845 262 3145.



Chic v Cheap eye brow kits



BIG brows may be the next big thing they shouldn't be unkept. Brows make a huge difference to the face as they frame it so it's important to keep them well groomed. Claire Wingate, 25, from Wellingborough tests two brow kits.

Jemma Kidd Essential Brow & Eye Kit

Price: £18
From: Boots, Gold Street, Kettering, Corn Lane, Wellingborough or High Street, Rushden.

It says: A conveniently sized brow kit with everything you need to create the perfect brows.

Claire says: "Once I'd figured out how to use it I really got on well with this compact. The soft little brush and baby tweezers were cute and easy to use."

Verdict: 4/5



The Body Shop Brow & Liner Kit

Price: £10
From: The Body Shop, High Street, Kettering.

It says: Shape and groom eyebrows, and colour them too. Each kit comes with two shades of colour and a compact brush. With Community Trade marula oil.

Claire says: "The little silver compact looked very attractive but I had problems with the double ended brush, which was stiff."

Verdict: 2/5



BEAUTY SPOT

February 14 is all about injecting a little romance into your life.

It's a day when beautifying and pampering are a priority. Get yourself in the mood for love with the Soap & Glory Steamy Showers set (£15).

Soap & Glory products are available from Boots, Gold Street, Kettering, Corn Lane, Wellingborough or High Street, Rushden.

