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GoodHealth & Medicine

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+ Smart solutions for frazzled minds & bodies

Deborah Hutton 'I've got a gorgeous new man'

7 WAYS TO BUILD stronger bones

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3 WOMEN'S ACTION PLANS

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Yes, you can mend a broken heart & fall in love again

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2 Why portion control = weight control
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11 GOLDEN RULES

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Stila Smoky Eye The Talking Palette, $85.
Press a button on this clever eye shadow palette and hear a Stila make-up artist talk you through step-by-step application for a professional smoky eye.

Rimmel Colour Mousse 8Hr Mousse Shadow, $13.95.
A cooling, lightweight mousse shimmer eye shadow. The intense creaseless colour lasts for hours.

Pupa Eye Designer Compact Eyeshadow, $29.95.
Eye shadow duo with revolutionary applicator system that loads two shades of colour simultaneously. Makes for easy application with a perfect result.

YSL Eye Colour Touch, $50.
Water-resistant eye shadow in a clever pen/brush applicator. Gives a smooth radiant finish that stays put. Just push button until colour appears.

Estée Lauder Double Wear Zero-Smudge Lengthening Mascara, $46.
Long-lasting mascara that offers dramatic length and big volume without risk of running or smudging.

new focus

Get flawless results with this season's best eye enhancers

Styli-Style Flat Pencil, $19.95.
A thick and thin pencil in one with a flat design that makes precise lining easy. Use the thick edge as an easy-blending shadow.

M.A.C Paint Pot, $35.
With carnauba wax, this is a cream shadow that feels like a second skin. Use it alone or as a base to build seamless, creaseless cover.

Jemma Kidd Make-up School Crushed Jewel Crème Duo, $39.
Vibrant cream eye shadow base and glitter top coat in one convenient pot for the ultimate evening eyes.

Revlon Molten Metal, $23.95.
A metallic liquid eye shadow with a lovely sheer texture that won't budge or migrate down your face. Just the thing for pretty, sparkling eyes. Simply wash on with the sponge applicator provided.

Benefit Big Beautiful Eyes, $57.
An eye-contouring kit with base shadow, concealer, contour shadow and liner. Contains all you need to erase dark circles and create the illusion of bigger-looking eyes.

TEXT KATE LOVELACE • PHOTOGRAPHY RICHARD MORTIMER