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Quick & easy low-fat salads



AUSTRALIA'S NO.1 WEEKLY MAGAZINE

Woman's Day

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English Rose

Kate Middleton has gone from girl-next-door to royal glamour girl. Here's how to get the look fit for a princess



FLAWLESS SKIN

Start with an oil-free primer. Next, cover imperfections with a concealer one shade lighter than your skin tone, and brighten eyes with concealer at the inner eye corner, blending outwards. With a make-up sponge, blend in sheer foundation, then lightly dust translucent powder over your skin. Warm your skin with a bronzer, blending it into cheekbones, forehead and nose. Finish with a subtle peach cheek tint.

1. Nars Sheer Matte Foundation in Deauville, \$99.
2. Becca Resurfacing Primer Line & Pore Minimising, Mattifying Formula, \$55.
3. Shiseido Translucent Pressed Powder, \$72.
4. Bobbi Brown Creamy Concealer Kit in Porcelain, \$60.
5. Elite 2 Latex Synthetic Sponges, \$4.95 for a pack of two.
6. Bloom Sheer Colour Cream Blush in Shy, \$24.
7. Yves Saint Laurent Touché Powder Blush in Sienna, \$72.



A NATURAL BEAUTY

Kate did her own make-up for her engagement portraits with Prince William, taken by the legendary Mario Testino. "Kate did most of it the way she wanted. She wanted to look natural," a source tells UsMagazine.com



LOVELY EYES & LIPS

Kate's eyes are her best feature. Prep your brows by brushing them into place and filling gaps with a brow shadow the same colour as your brows. Apply beige eyeshadow over eyelid, then blend a grey-pinkish shadow into your brow bone. With a soft black kohl pencil, draw a line close to your lashline and blend edges. Apply eyeliner close to bottom lashes and diffuse edges with a cotton bud. Cover lashes with two coats of mascara. Finish with a fleshy pink lipstick.

1. Clarins Rouge Prodige True-Hold Colour & Shine Lipstick in Natural Rose, \$42.
2. Benefit Full-Finish Lipstick in Mod Squad, \$34.
3. Nutrimetics NC Defining Eye Pencil in Charcoal, \$14.90.
4. Smashbox Lash DNA Mascara in Jet Black, \$28.95.
5. Kit Eye Shadow in Right Now, \$28.95.
6. M.A.C Eye Shadow in Brule, \$32.
7. Jane Iredale Bitty Brow Kit, \$48.



POLISHED WAVES

Apply a styling lotion then blow-dry, using a medium round brush to give hair body and bounce. Kate loves a side sweep or middle parting - choose how you want hair to fall, apply large velcro rollers and blow-dry in that direction. Apply heat to rollers, some hairspray and let hair sit. When it's ready, take out rollers and give a light shine spray.

1. L'Oréal Elvive Anti-Breakage Conditioning Repair Spray, \$6.95.
2. Ebony By Brushworx Radial Boar Bristle Brush, \$17.95.
3. Hair FX Self Gripping 70mm Rollers, from \$7.50 for a pack of six.
4. BabylissPro Portofino 6600 Dryer, \$124.95.
5. RPR My Boost Mousse, \$18.95.