



We love...
The new **Sheer Blush** from **Iconic London**. The unique gel-to-watercolour formula blends oh-so effortlessly with the rest of your make-up. **£18, iconiclondoninc.com**



THE REVIEW

Laura Sutherland checks into Neville Hair & Beauty for an Olaplex hair treatment

Anyone who colours their hair knows that the midpoint between treatments is when your locks are looking (and your feelings towards them) at their most lacklustre. The roots, volume, breakage and general lack of shine... We've all been there.

To banish my meh-mane vibes, I decided to take my split ends to Neville Hair & Beauty for a diagnosis. Spread across five floors of light, airy space, the Belgravia salon is a bolthole of beautifying, with time-poor clients having the option of consolidating facials, mani-pedis, highlights and blow-dries into one epic power session of pampering.

I was wheeled over to the sink for the hero hair treatment of the moment: Olaplex. With near-mythical guarantees of repaired hair bonds, breakage prevention and even reversed chemical damage, this system is one that stylists swear by. And as I examined my born-again silkier, softer and – dare I say – thicker mane in the mirror post-blow-out (when at Neville's...) I'm officially an Olaplex convert. **From £150, nevillehairandbeauty.net**

Beauty NOTES

From the hottest new scents to expert skin, hair and nail advice, here's how to get your big-day glow-up

ASK RENÉE

Got a burning beauty question? Our brand-new columnist, renowned medical facialist and skincare guru **RENÉE LAPINO** is here to help

Q. I've got a year until I get married and I really want to have the best possible skin, hair and nails I can. Where do I start with overhauling my beauty regime?

A. Good skin doesn't happen overnight – and it's good you understand that! Once we hit our 20s and 30s, it takes about 30 days for new skin cells to hit the surface, so if you suffer from any scarring or redness – even fine lines and wrinkles – it's going to take six months or so to see a major difference. Nails and hair are much the same and, like your skin, are supported by what we consume, so as you countdown to your wedding, I would highly recommend taking a dedicated supplement, such as Zenii Skin Health (£40 for 60 capsules).

Once you have a nutritional supplement in place, identify the changes that you'd like to make. I recommend all my clients start with a good cleansing oil, an antioxidant, a retinol and an SPF. Cleansing oils remove



make-up and debris from congested skin while also nourishing it. Antioxidants – in the form of a serum, cleanser or cream – protect the skin from environmental damage (therefore healing redness and balancing pigmentation), while retinol is the only product proven to heal all cell damage, so start applying one every three nights for three months, then every two nights for two months, then finally move on to every night for the last six months. Then wear SPF daily – no matter what the weather!

EAU-SO EMOTIONAL

If you're looking for a wedding scent (or another excuse to pop into Zara), British perfumer Jo Malone has taken her talents to the fashion brand with a heavenly new fragrance line-up. The Zara Emotions Collection by Jo Loves is inspired by the high-street label's archives, with eight distinctive scents. Malone cites Bohemian Bluebells as her favourite. With notes of lavender, sandalwood and musk, it's "the most daring and powerful fragrance I've ever made," she reveals. **£25.99, zara.com**

