

Inside Tracey Spicer's BEAUTY BAG

The columnist and mum shares her tips

What are your beauty bag essentials?

Concealer and mascara – they create the illusion that my eyes are actually open after a night of broken sleep!

What are your colour make-up staples?

Rimmel Lasting Finish Intense Wear lipstick in Birthday Suit, \$9.95, Inika eyeshadow in Blue Topaz, \$24.95, Jan Marini Skin Research Marini Mascara, \$154, and M.A.C blush in Margin, \$40.

The one product you can't live without?

My Becca Shimmering Skin Perfector, \$66. It gives you a tan, without the risk of skin cancer.

Your favourite skincare products?

My latest obsession is the range of Jan Marini Skin Research products, including the C-Esta Eye Contour Cream, \$76, and Age Intervention Enlighten Facial Lotion, \$160.

Your biggest beauty blunder?

My biggest beauty blunder is applying too much make-up. I keep reminding myself that less is more.

Essential hair products?

Aveda's Dry Remedy Treatment Masque, \$64.95, is divine. And you can't beat the good ol' GHD for straight hair, \$299.

Your favourite fragrance?

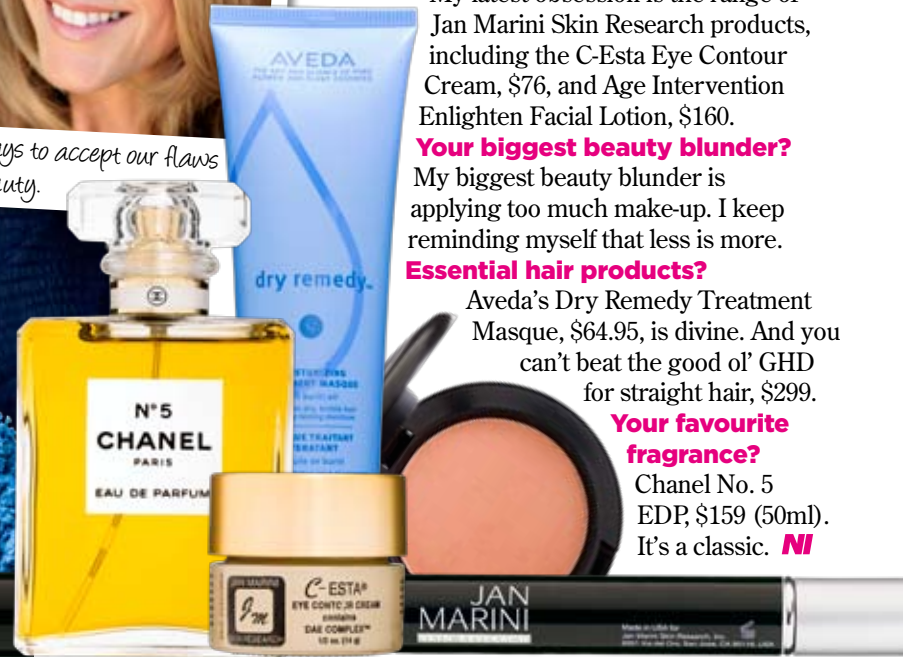
Chanel No. 5 EDP, \$159 (50ml). It's a classic. **NI**



The TV journalist says sleep and water are the best beauty treatments.



Tracey says to accept our flaws and beauty.



37% of women feel more attractive now than they did 10 years ago, a Nivea survey has found. Nice one!

GET YOUR GLOW ON

Great skin is not only about what you put on it but what you do from within. We hear Imedeen tablets are the anti-ageing secret of many celebs including Naomi Campbell, Dannii Minogue and Melissa George. 'I've been using Imedeen for several months and I'm loving my skin so much,' says Melissa. 'My skin feels softer, finer and younger. In my line of work, time isn't always on your side, so using Imedeen is buying me extra years!' Try Imedeen Time Perfection, \$98.



NEW 'DO FOR SPRING?

TREND ALERT: This sassy new 'do from Michelle Williams makes even the thinnest of hair look thicker, and it might just start a cropped trend for spring, says celebrity stylist Anthony Nader. 'She's feeling the '70s, and the side-swinging shape and creamy blonde solid tones definitely suit her.' To get the look, use volume spray for extra oomph and your fingers as a hair tool – stretching the hair from side-to-side while blow-drying, advises Anthony.



Photos: Nigel Wright, Enquiries: Aveda 1300 300 054, Becca (02) 8399 1274, Chanel 1300 242 635, GHD 1300 880 209, Imedeen 1800 025 607, Inika (02) 4268 5342, Jan Marini (05) 95719990, M.A.C 1800 65 828, Rimmel 1800 812 665.