

TUNING UP

Francis Bacon once said that age appears best in four things: old wood is best to burn, old wine to drink, old friends to trust, and old authors to read.

Hmmm — whaddya think?

Well, when I'm feeling like I look a lot like my older sister — I don't have one, but you know what I mean — I book myself into Brown Sugar and get

Joanne, the absolute queen of curly

blow-drys, to give me one, and then I head into either Seana Long or Dearbhla Keenan and close my eyes.

Twenty minutes later I open them and, whatever they do, I suddenly look like my baby sister. Result!

Dearbhla made me get the Kohl Finishing Powder, below left, €35, to touch myself up with — no rudeness intended there, I swear! Anyhoo, this is my new favourite pick-me-up product; it seems to just lift my face. It's like a bronzer but, with my super-pale skin, it just leaves the right amount of a hint of a tint. Pick one up for when you need a lift.

*Brown Sugar,
50 Sth William St, D2,
tel: (01) 616-9967,
or see www.brownsugar.ie*



MOST WANTED

More than ever, peeps are super-conscious of both preventing and reversing the signs of ageing, so I was delighted to see the professional team at **Spa Sula at the Westport Plaza & Castlecourt Hotel** Resort, have just introduced a new brand,

Comfort Zone. They have worked closely with the makers to create a selection of facial therapies, based on decades of experience and real results.

So Mum and I headed down there for the day to try out a Comfort Zone facial. Mum

had the Hydramemory facial, which delivers exceptional hydration and nourishment to the skin due to trehalose and betaglugan. She looked as fresh and gorgeous as Julianne Moore, left, afterwards.

Each Comfort Zone treatment includes one hour of relaxation in the thermal suite, which was glorious and includes a rasul chamber, a rock sauna, a steam room, a salt grotto, an ice fountain, foot spas and an outdoor rock pool.

Treatments priced from €65 each at the **Spa Sula at the Westport Plaza & Castlecourt Hotel** Resort, tel: (098) 51999, or see www.spasula.ie

