

beauty tips that work

In the first of our monthly beauty advice pages, here Image Consultant and Make-up Artist **Kate Evans** answers your fashion and beauty questions...



Dear Kate, I have really narrow calves and cannot find a pair of long boots that fit as they all end up looking like Wellie Boots. Are you able to suggest a shop or website that could help?

Sarah, Cheltenham

There is a fantastic company called Duo Boots (www.duoboos.com) who have listened to womens' pleas to supply boots for calves that are don't quite fit into the 'average' bracket. They take your foot measurement as well as your calf measurement so your boot should fit all the areas it covers. They cater for all widths of calves from 30cm to 50cm as well as making shoes in a variety of foot widths. They offer a mail order service and have shops in Bath, Edinburgh, London and Manchester.

Dear Kate, I loved they way Cheryl Cole wore bright pink lipstick on the X-Factor, but when I wear it I look ill; is there a pink I can wear? I have mid blond hair (mousy!) and light brown eyes? Kim, Winchcombe

It's all about getting the right shade for your colouring. Cheryl can wear a deep shade of pink as she has dark hair and dark eyes which balance the depth of colour, whereas it sounds as though this shade of pink would overwhelm your colouring as you have 'softer' features, for example, they blend and tone together. A better option would be for you to wear a 'softer' pink, one that is toned down and therefore less likely to conflict with your colouring. Or go for another look entirely which is still very current but would suit your colouring more; line the last third of your eye, top and bottom with a brown eyeliner; then build up tones of brown and gold eye shadow, with the darker colours on the outer edges

of your eyes and then complement this with a nude, glossy lip colour.

Dear Kate, I am getting married in two months time but I hate having my photo taken; have you any tips on how I can look my best in my wedding photos? Sue, Painswick

I feel the most important element is to feel relaxed in front of the camera as this will create the best shots; so I would begin with asking a friend or you fiancé to spend some time with you, taking your photograph. This way you can get used to 'turning on' the smile and working out which angles you look best from, safe in the knowledge that any dodgy shots can be deleted. By building up a portfolio of angles and poses that you know work well for you and you can see that they flatter you; your confidence will begin to increase and therefore you will relax more. One of the best poses that many practised red-carpet strutters favour is the 'Head Angle' shot:

1. Turn slightly to the side, with one foot in front of the other- pointing one toe towards the camera.
2. Next, make sure your shoulders are down and back.
3. Stick your chin out slightly and down – this will minimise a double chin.
4. Pull your tummy in.
5. Finally, keep your upper arms slightly away from your body to prevent them being flattened and therefore looking wider than they are. **CS**

If you want to ask Kate a question, please send your questions to The Editor, 33 Messenger House, St Michael's Square, Gloucester, GL1 1HX or email editor@stylemagazines.co.uk



WITH KATE EVANS

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