

LOOK YOUNGER WITH
Womarr's Own

Help me wear brights!

Our experts give one reader a colourful new look

Sharon Smith, 47, from South London, has two daughters, Jamie, 25, and Estelle, 20. She works as a customer service manager for a leading department store. **Wish list** Sharon says, 'At 6ft, it can be hard to find clothes to suit my figure, especially as I have a big bust. I have to wear black for work, so I'd love to see myself in something more flattering. It's my daughter's 21st party soon, so any tips on how to vamp up my make-up would be great.'

Healthy eating plan
 'I've started to put on weight around my middle, but I'm not keen on gyms'
MONICA 'Like most of us, Sharon's weight gain is partly due to her sedentary lifestyle, combined with a fantastic staff restaurant she finds hard to resist. She has a breakfast at home and a second one at work, then a full lunch.'
The fix 'Sharon's diet is quite stodgy - she eats toast and croissants, then a meal with rice or potatoes for lunch. All this is too much for her lifestyle. I suggest that she rations her second breakfasts to every other day and weans herself off them. As she eats little fruit, I recommend she has at least two pieces a day, as well as



Emily used large rollers to give Sharon's hair volume

veg. Plus, if she added a daily walk of about 20 minutes to her routine, Sharon would lose weight, which would boost her body confidence.

Skin dilemma
 'My skin is more sensitive than it used to be and I have tiny thread veins'
SHERRIE 'Sharon's never smoked and always uses sunscreen on holiday. As a result, her skin is in quite good condition.'
The fix 'Sharon should invest in hypo-allergenic products as these are specially formulated to minimise the risk of irritation. My favourite is the Simple Repair

range, with prices from £7.99. 'Thread veins do become more visible as the skin thins and loses collagen with age. Sharon could try a course of intense pulsed light (IPL) therapy, which zaps the veins so that they collapse. Priced from £90, go to www.spirehealthcare.com. Or she could try specialist cream Medik8 Red Alert, £30 (020 7491 0150). It contains vitamin K, which helps reduce their appearance.'

Hair with Emily
 'My hair has a natural wave, but I'd love a sleeker finish'
EMILY 'As Sharon's tall, she needs a style with more movement to break up her frame. Her long layers are ageing, too.'
The fix 'I restyled Sharon's hair into a graduated bob to give it bounce and added face-framing layers. Before blow-drying with a round brush, to protect and give hair lift, use a light volumising spray, such as L'Oréal Tecni.Art Pli Thermo-Fixing Spray, £12.10 (0800 072 6699). I prefer it to a mousse as it contains lots of water and doesn't leave hair sticky.'



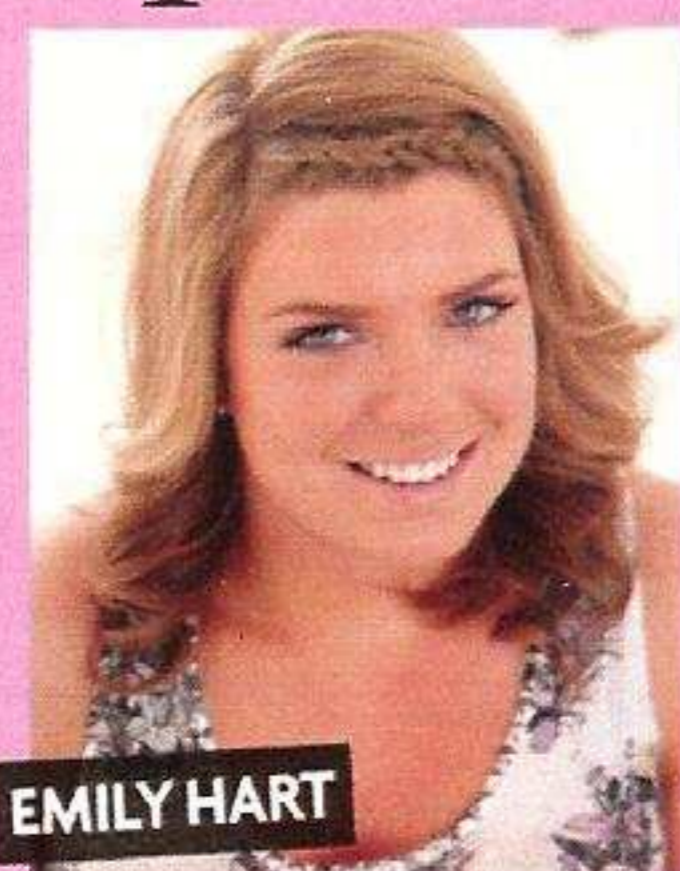
'I want to wear something other than black'

Meet our top Look Younger experts



MONICA GRENFELL

THE FOOD THERAPIST
 Woman's Own diet and food specialist.



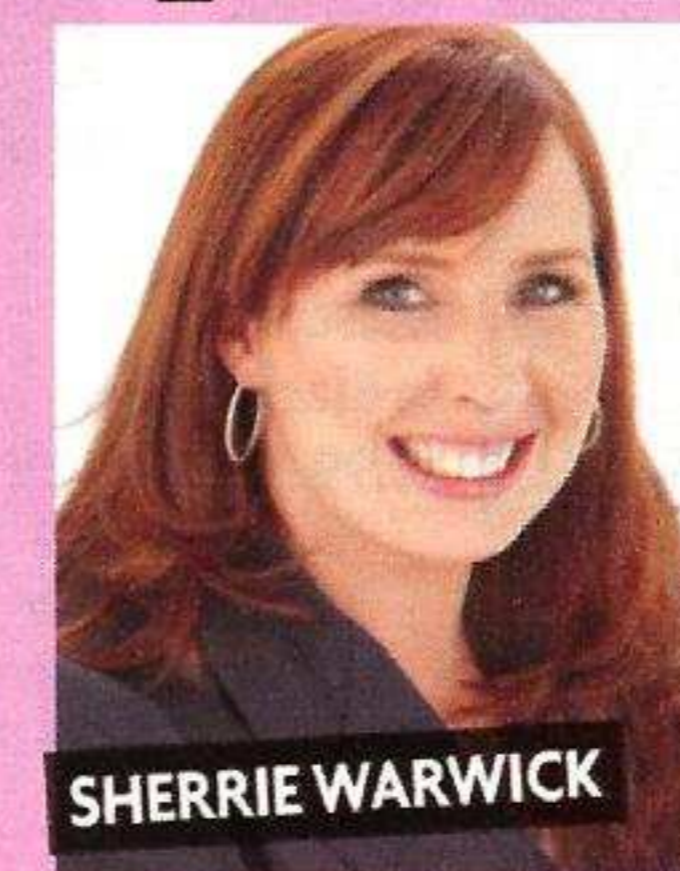
EMILY HART

THE HAIR SAVIOUR
 Top hairdresser at Errol Douglas salon, London.



PAULA MOORE

THE CLOTHES FIXER
 Stylist to the stars and Woman's Own regular.



SHERRIE WARWICK

THE BEAUTY GURU
 Celeb make-up artist and skincare specialist.

TURN THE PAGE TO SEE SHARON'S NEW LOOK