



BEAUTY NEWS

Tips, star secrets and the best new products around

MY FIVE STAR BUYS
JODIE PRENGER
 The West End star of *Oliver!* and winner of *I'd Do Anything*, 29, on her fave products



My skin's olive, but under the stage lights you look like an albino, no matter how much colour you add. I use L'Oréal Sublime Bronze Self-Tanning Gel, £11.74, to give my skin a bit of lift under the make-up.

I used to be a nail technician, but I can't wear acrylics because I have to have grubby nails for *Oliver!*. Short nails look best with dark colours and I got a sneak preview of Bourjois new So Laque! Polish in the most amazing deep blue, Bleu Mysterieux, which I love. (Out 15 April, £5.37).

I get my hair products from the pound shop. I can't tell you what mousse I use – the writing's in Indian. It was £1! My hair's poker straight so I sleep in sponge rollers under a pair of tights. That's my key to looking good – cheap mousse and going to bed with Boots Essentials Bendy Rollers, £5.60, and tights. Is it a wonder I haven't got a man?

There are two sides to me I like to reflect with my perfume: I love Dior J'Adore, £38, because I'm a real romantic, but also Coco Chanel, £39, because it's a scent for strong women.

It's the imperfections that make you the person you are – if I didn't have my laughter lines, I wouldn't know I'd laughed half my life. But Chanel Teint Innocence Foundation, £25, does improve the look of my skin, giving it a luminous sheen.



● *It's A Fine Life: My Story* by Jodie Prenger (Michael O'Mara, £14.99) is out now

AYUSH WELLNESS SPA, JERSEY

Celeb fans: Dannii Minogue and Ray Quinn

What and where: The UK's first Ayurvedic spa in the lovely town of St Helier. Ayurveda is a holistic healthcare system originating in India, which works on the principle that human life is closely connected with the rhythm of nature.

Extra touches: Ayush has an in-house guru, to advise you on lifestyle, nutrition and exercise following a consultation to discover if you are a vata, pitta or kapha – bio-physical forces that dictate what type of person we are.

Spa spy says: The Shirodhara was the most relaxing treatment I've ever had. Warm oil was poured back from my "third eye" (forehead) all over my scalp for what felt like hours, and it was just lovely. The idea is to quieten the mind and it definitely worked at doing that. Even if I left looking like I hadn't washed my hair for a year. I had no problem sleeping that night!

Info: Treatments from £65. Room from £150. 01534 614172/defrance.co.uk



BEAUTY TEAM RECOMMENDS

'My problem with volumising products is that, in order to create oomph, they tend to dry out my hair and leave me with a worryingly Russell Brand-esque barnet. That's why I'm loving new Phil Smith Xtreme Style Xpanding Thickening Cream, £3.99. It's cheap as chips and just a dab rubbed into my roots turns my hair from flat to fat. Best of all, it smells of Hawaiian tropic sun cream, and reminds me of summer holidays, which still feel a very long way off.'



TRIED & TESTED: BODY SCRUBS

Our reader panel get to work to find the best scrubber...

Body Shop Wild Cherry Body Scrub, £12.20

'Lovely smell. Easy to apply, but as an exfoliator it was average. I prefer a harder effect for a more "scrubbed" feeling.' Jessica Knox, Lancs



Origins Matcha Tea Body Scrub, £34.26

'A bit of a love or hate smell – but I loved it! It was messy to use, but the silky-skin results were worth it.' Cheryl Nuttall, Manchester



Normandie Scrub A Dub Dub Body Scrub, £3.95

'Loads of hard granules which felt like they were shifting dead skin cells. Left my skin feeling soft – not so sure about the cheap smell though.' Charlotte Bell, Brighton



Palmolive Pure Cashmere Exfoliating Shower Scrub, £3.49

'Really lovely, comforting smell. The exfoliating particles are small, but I liked the gentleness. My only complaint is that it left my skin feeling quite dry.' Irma Gold, Hants



If you want to join our testing panel, email us at beauty@sundaymirror.co.uk

● For where to buy, see p62