

TRIONA'S TRAINING

I am eyebrow-obsessed.

When I see them too big or too long, pencil thin or penciled in, and, God forbid, too far apart, I just think, oh pluck!

If you have over-plucked in the past and find they're not growing back, here's my top tip: try Regaine — the stuff bald fellas use on their heads.

The trend for brows is still big. Libby Ryan from Elysian Therapy seems to be as brow-conscious as myself.

She is known as THE person to visit to get your brows sorted. Exclusive to Elysian Therapy are the Anastasia brow products of Beverly Hills, below. Anastasia works magic on the brows of celebrity clientele including Cameron Diaz, right, and Jennifer Aniston.

"They are truly miraculous products," Libby told me.

There is a brow powder that simulates a real brow. It's a dry powder base as opposed to a wax base. The tweezers have been voted No 1 in *InStyle* numerous times. There is also a pre-tweeze gel and after-tweeze cream. Then, there's the gorgeous make-up line.

Check it out for yourself at Elysian Therapy, 1st Floor, The Marl, Leopardstown Rd, D18, tel: (01) 289-4422/55, or see www.elysiantherapy.ie *Eyebrow Shape, €20. Anastasia products from €10*

TRIONA'S TRICKS

I forgot my concealer on my travels recently and, boy, do I need it, what with the bags, sorry, suitcases under my eyes. But I came up with the greatest trick ever.

You know the thick deposit

left in the rings around the top of a foundation bottle?

Well, the moisture that was in it had evaporated, leaving a more concentrated bit behind — just like concealer.

Ta da! I'm a genius.

TRIONA'S TREATMENT

Forgive me, Father, for I have sinned. Last week, it was a late-night pizza binge.

Then, the next morning, there was that 11am chocolate cake and cream followed by a glass of bubbly while having myself beautified at beauty emporium, Brown Sugar. So the pounds are piling on!

Pray, how can I ever repent? What's that, Father? Renew Clinic has recently started lipomassage with the endermologie machine, right, and it's having really great results? You're saying that they claim

lipomassage treatments speed up the metabolism of fat cells, so they go through their life cycles more quickly?

So, you not only smooth cellulite, you lose inches in treated areas? They're offering a course of lipomassage, normally €900 for 12 sessions at €765? Ooh, I like the sound of that. I'm booking myself in.

Renew Aesthetic Clinic, 4 Convent Close, D2, tel: (01) 661-9261 or see www.renewclinic.ie

TRIONA'S THOUGHTS

So, I'm back home from my travels and the boy is actually home here in the house with me, for the first time in ages.

Typically, he is driving me demented. For instance, he can't understand why I need 23 pairs of black shoes. And the difference between cream, ivory, and off-white is simply beyond him.

I tell him it's because I'm with him that I'm fat. You see, single girls come home, see what's in the fridge and go to bed. Whereas, I come home, see what's in bed and go to the

fridge! But do you know what? A good man might be hard to find, but a good hairdresser is next to impossible.

My latest find is Natalie Lawless at Sanioev Hair Company, 3 Trinity St, D2, tel: (01) 671-3928, who is a whizz at upstyles and blow dries.

She also gives fabulous advice tailored to your hair's texture, length, and colour. Matrix hair products, left, are also a treat!

Back to the boy — I wouldn't change him for the world.

CULT PRODUCT

Youth is wasted on the young — just ask any of those desperate housewives trying to buy it back from some pricey, plastic surgeon.

But before things get to that stage, why not have some fun? Ditch the boring French manicure (you're not 70 yet) for the hottest look this autumn — Lancôme's limited edition Le Magnétique nail polish, right.

It's such a cute, clever,

easy-to-use product. The bottle basically has a magnet that, when swept across the nails after the second coat, creates a star design.

It comes in only one colour — Bordeaux Esmée, a kind of deep burgundy shade, which looks fantastic on fingernails, even without the design. *€20, from Lancôme*



TRIONA'S MOST WANTED

Seems I'm not the only disciple of the Church of Cosmetology. Beauty blogs are exploding across the web.

So, if like me, lotions, potions and promotions are your devotions, bookmark this little baby right now. Website beaut.ie (pronounced beauty — geddit?) is an award-winning site created for beauty junkies

by real beauty junkies!

Sisters Aisling (Aphrodite) and Kirstie McDermott, and just like Clairee Belcher in the film *Steel Magnolias*, they both believe that the only thing that separates us from the animals is our ability to accessorise.

They let you in on their best make-up tips, their favourite products and brands (such as an assortment of Ruby & Millie products, left) — and they always speak the truth.

There you go now, me ole beaut! www.beaut.ie

