

Spa of the week...

THE QUAY HOTEL & SPA, DEGANWY, N WALES



The Hotel

Stylish yet comfortable, in a beautiful waterside setting, The Quay Hotel oozes luxury without being intimidating. With its award-winning Grill restaurant, using locally sourced products, you don't have to eat so-called 'rabbit food' either!

The Spa

The spa has eight treatment rooms, including a Turkish Hammam, plus three double treatment rooms for couples or friends, and a relaxation room. There's also an indoor pool with a hydrotherapy section, steam and sauna rooms, and a well-equipped gym. We enjoyed the Hot Stones full body massage, where hot basalt stones and warmed oils are used to penetrate tired muscles – a real treat!

Worth going for...

Total relaxation in a stunning setting. After a pampering, what could be better than wine on the terrace and the amazing views?

What's the damage?

Double rooms start at £175 a night and include use of the leisure facilities. The hour-long Hot Stones full body massage costs £65.

Contact:

For more information go to www.quayhotel.co.uk or call 01492 564 100.



Dress, £35, M&Co

Watch, £29.50, www.swatch.co.uk

Top, £19, Bonmarche

Cardigan, £14, Peacocks

from £5

Up to size 20

Available online

This week, we're loving

Style tip
To tone purple down and to give a classy look, team it with brown tones.

Purple



Boots, £60, Walls



Cardigan, £35, Marks & Spencer



Dress, £35, Peacocks



Headband, £35, www.matches.com



Dress, £18, F&F @ Tesco

Bargain!



Belt, £5, Marks & Spencer



Ring, £27.50, www.swatch.co.uk



Dress, £40, Bonmarche

To party!

Easy STYLE & BEAUTY

Beautifying your BEAUTY BAG

Does your beauty kit need a good clean? Keep your utensils (and your skin) gleaming with these five simple secrets...

MAKE-UP BAGS:

Clean your make-up bag once a week, as they breed bacteria. Plastic make-up bags are practical as they can be washed with warm soapy water. Avoid mesh versions, which may collect dirt.

SHELF LIFE:

A good set of brushes should last you between three and five years, providing you clean them, that is. Velour powder puffs should be ditched after about six months and replace latex sponges as often as every 10 days.

CLEAN UP:

Don't buy expensive cleaning agents to clean your tools – washing up liquid will do the job. Brushes, sponges and powder puffs should be washed once a week. Dirty puffs don't give a smooth finish, unclean sponges will rot and re-used brushes spread bacteria. Use hot soapy water, but don't soak brushes as it can interfere with the adhesive properties which glue the bristles in place.

DRYING OUT:

After cleaning, squeeze out any excess water and then reshape the brush heads. Leave them to dry naturally on a flat surface – don't stand them up and don't apply heat to speed up the drying process.

TRAVELLING LIGHT:

When you're on the go, streamline your tools so that you're just carrying essentials. A toothbrush will groom your brows, a powder brush can double up as a blusher applicator and use the edge of a sponge-tipped eyeshadow applicator to define the lower lash line rather than carrying eyeliner.



If you're looking for newbies for your make-up bag, skip up to Superdrug who are offering their new GOSH Natural Foundation for £5.99 – a £3 saving until October 27. They are also offering a range from the lovely Colourworks collection on a three-for-two offer.

OFFER OF THE WEEK



BODY RANGE OF THE WEEK

GET IN THE MOOD

Winter's all about indulging yourself in gorgeous-smelling products to liven your senses and good old M&S have introduced Mood Rescue to do just that. Everything in the range is just £3 and includes a Foam Bath, Shower Gel, Hand Wash and Hand & Body Lotion. There are four lip-licking variants to choose from, so whether you want calm, extra energy, relax or fancy an exotic treat – this range will come to your rescue.

How to... MAKE THE MOST OF YOUR HAIR COLOUR

- STEP 1**
By adding highlights or lowlights, you can break up the heaviness of thick hair while enhancing fine hair – making it appear fuller. On the other hand, if a colour is too light it will make hair look thinner, while sicer tones will reflect more light – meaning hair will look that much thicker.
- STEP 2**
Brighten a pasty complexion by adding a few warm highlights to the hair around your face. Steer clear if you have very short hair, though, as they could look patchy. It's best to try an all-over semi or permanent colour instead.
- STEP 3**
Used a semi-permanent colour, you don't like? Invest in a shampoo with clarifying in the name to fade the colour quickly.

If you've got a style or beauty query, write to us at the address on page 3, or email us at magazine@people.co.uk

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