

# Health & beauty

## Alice Hart-Davis tests the best products for the new season, from plum mascaras to autumn nail polish

- [Alice Hart-Davis](#)
- [The Observer](#),
- Sunday September 7 2008
- [Article history](#)

### Omega-3 skincare

**Decl or** Aromessence Excellence

15ml,  70, 020 7313 8780

A smidgen of this oily joy works wonders on dry, tired skin.

**4 stars**

**Mama Mio** O-Mega Body Oil

200ml,  23, [www.mamamio.com](http://www.mamamio.com)

Lovely and nourishing for after-summer legs. Sinks right in, great light-grapefruit scent.

**4 stars**

**REN** Hydra-Calm Global Protection Day Cream

50ml,  26, [www.renskincare.com](http://www.renskincare.com)

Very light but perfect for everyday use. Superlative moisturiser.

**4 stars**

**SoPhyto** Mega Omegas Day Face Moisturiser

40ml,  22,

“moisturiser that doesn't interfere with your foundation”

**4 stars**

## Mauve/plum nails

**Butter London** 3 Free in Teddy Boy  
8ml, £10, [www.strawberryandcream.com](http://www.strawberryandcream.com)  
Formaldehyde-free, and a great colour.  
**5 stars**

**OPI** in Java Mauve  
15ml, £9.75, [www.lenawhite.co.uk](http://www.lenawhite.co.uk)  
Lovely smooth brownny-caramel colour rather than mauve. Groomed but not garish.  
**5 stars**

**Gosh** Nail Laquer in 527  
8ml, £5, [www.superdrug.com](http://www.superdrug.com)  
Great strong colour toned down by a pearly finish. Quite fab, but also quite Babycham.  
**3 stars**

**Leighton Denny** in Whatever  
12ml, £10, 0845 862 0515  
More of a thick, greying lilac. A tough one to wear under any circumstances.  
**2 stars**

## Bronzers

**Estée Lauder** Crème Caramel Shimmer Powder  
13g, £25, [www.esteelauder.co.uk](http://www.esteelauder.co.uk)  
Blends into a light, shimmering, dewy stroke of bronze on the cheek.  
**5 stars**

**Prestige** SunFlower Illuminating Bronzing Powder in Terra  
20g, £7.99, Boots  
Rich colour and shimmer. Perhaps too peachy for some skin tones.  
**4 stars**

**Lancôme** Star Bronzer Sun Cherub  
40g, £29, [www.lancome.co.uk](http://www.lancome.co.uk)  
The bronze shade lacks depth, but it's suitably glowy and stays put.  
**4 stars**

**Body Shop** Bronzing Powder  
20g, £12, [www.bodyshop.co.uk](http://www.bodyshop.co.uk)  
The finish is lovely and golden but it's just the wrong side of rosy for a bronzer.  
**3 stars**

## Detangling hair mists

**Paul Mitchell** Awapuhi Moisture Mist

250ml, £6.58, [www.lookfantastic.com](http://www.lookfantastic.com)

Very light with a pleasant scent. Good for unruly hair.

**5 stars**

**Real Hair** Real Base Conditioning Mist

195ml, £17, Harvey Nichols

This smells divine. It spritzes evenly, leaves hair tangle-free and doesn't weigh it down.

**4 stars**

**Sencience** Moisturising Mist Leave in Conditioner

300ml, £10.95, 01282 683 100

No need to drag a comb through hair when drying and a nice shiny finish.

**3 stars**

**Joico** Leave In Detangler

200ml, £10.95, 01282 683 100

Settles down frizzy hair and helps curly hair dry without getting tangled.

**3 stars**

## Plum mascaras

**Jane Iredale** Longest Lash in Ripe Plum

12g, £26, 020 8450 7111

Not bowled over by the colour, but it sits prettily on the lashes, doesn't clump and dries quickly.

**4 stars**

**Paula Dorf** in Blackberry

9.3g, £16, [www.skinbrands.co.uk](http://www.skinbrands.co.uk)

Takes a few layers to get enough texture, but it creates a lovely Victoria plum colour. No clumps!

**4 stars**

**2True** in Plum

7g, £1.95, Superdrug

Sticky and dry, and tricky to apply without flaking it all over your cheeks. Lovely aubergine colour though.

**2 stars**

**Prescriptives** Lash Envy in Plum

5.4g, £16, 0870 034 2566

This is a good mascara let down by a bizarrely bristly brush. Takes an eternity to dry, too.

**2 stars**

## Tan extenders

**Olay Complete Everyday Sunshine**

50ml, £5.99, Boots

Smells OK and gives a really good colour. Best bargain.

**4 stars**

**Shiseido Daily Bronze**

150ml, £24.50, 020 7313 4774

Light lotion, no giveaway smell, and a really nice golden brown tan.

**4 stars**

**M&S Holiday Tan Top-Up**

200ml, £5, [www.marksandspencer.com](http://www.marksandspencer.com)

Good (as in hardly any) smell, and OK colour though it's a smidge orangey.

**3 stars**

**Vita Liberata Silken Sun**

200ml, £9.95, [www.vitaliberata.com](http://www.vitaliberata.com)

Creamy but quick drying, almost fragrance-free, light but buildable colour.

**3 stars**

## New lip glosses

**Rouge Dior Crème de Gloss in Creamy Burgundy**

5.7g, £16, 020 7216 0216

Loads a pigment, silky smooth, shiny without looking plastic.

**5 stars**

**Autograph Matt Effect Lip Gloss in Antique Rose**

7ml, £7, M&S

Sounds mad but does a great job - smooth moist colour without shine.

**4 stars**

**Nars Lip Gloss in Female Trouble**

2.2ml, £17, [www.narscosmetics.co.uk](http://www.narscosmetics.co.uk)

Looks innocent in the tube but comes out dangerously high-shine.

**4 stars**

**Estée Lauder Pure Color Swirl Lip Gloss in Berry**

7.9g, £14, [www.esteelauder.co.uk](http://www.esteelauder.co.uk)

Stripy and a lovely muted berry colour.

**3 stars**