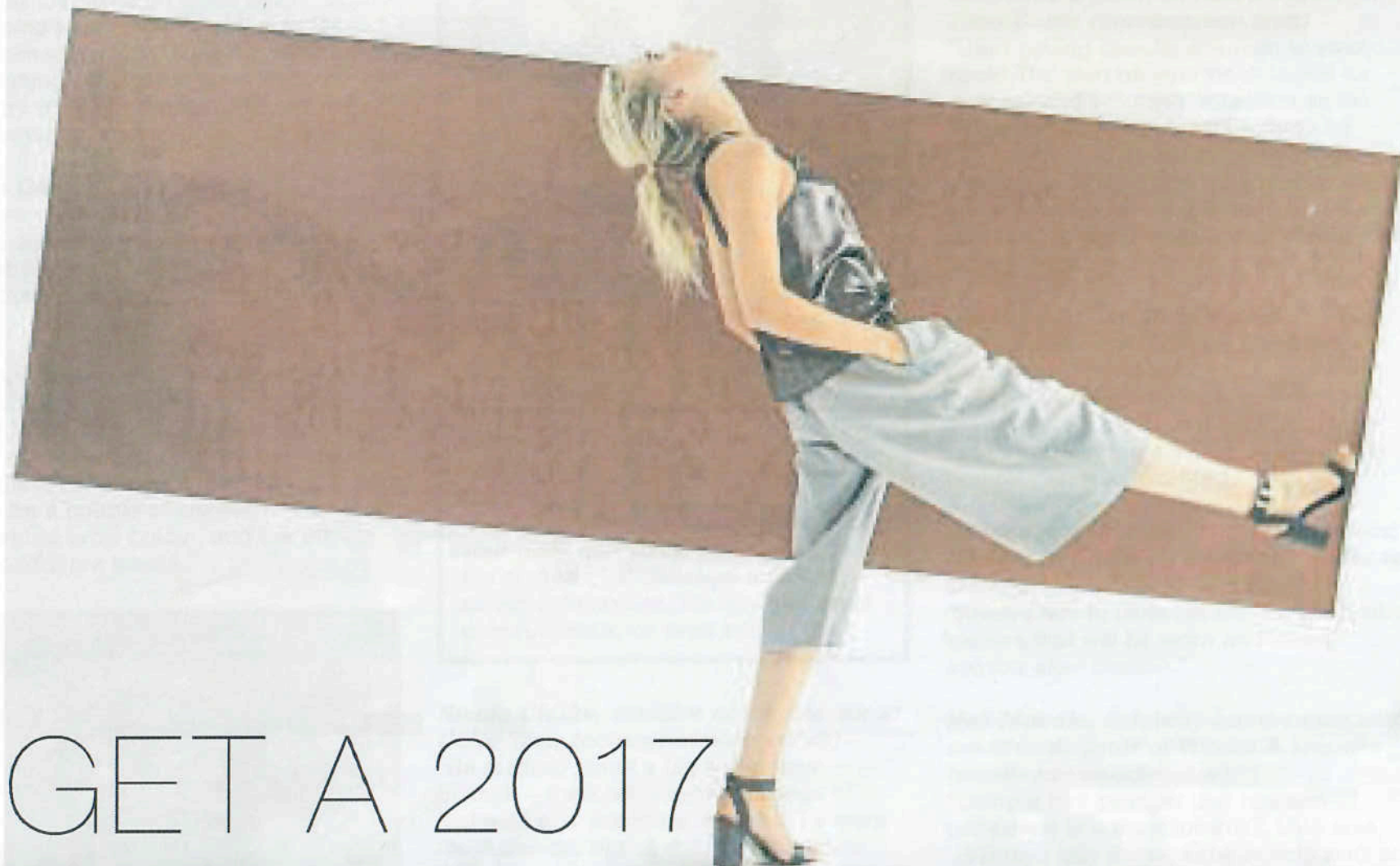


Mecka metallic cami and Libby culottes, available from oliverbonas.com



GET A 2017

STYLE OVERHAUL

When it comes to your wardrobe and beauty cabinet, it's all too easy to fall back on the familiar. So make 2017 your year to mix it up and try something new, and set yourself a fashion or beauty resolution that gives you your mojo back.

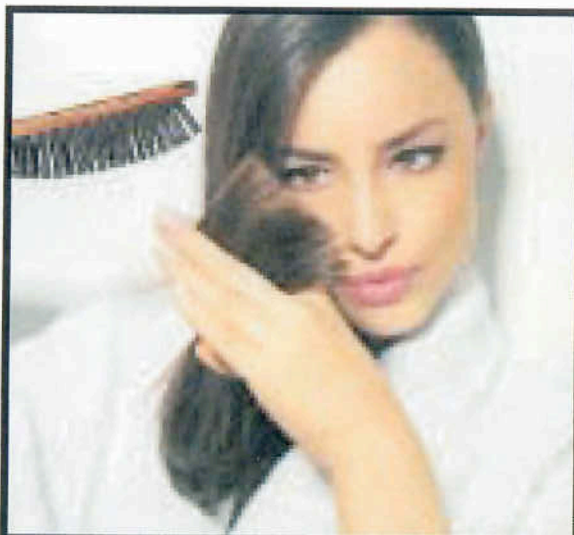
Whether it's giving your neck some TLC, or trying a new ear piercing out, we've asked some in-the-know industry bods for their suggestions for a 2017 tweak...

Kourtney Kardashian, reality star and face of Manuka Doctor (manukadoctor.co.uk)

"I detoxed my make-up bag for the first time in years, and I think organic make-up's the next thing I [will] slowly switch to. I'm keeping all my favourites until I find replacements."

Matthew Williamson, fashion designer and designer of Butterfly by Matthew Williamson for Debenhams (debenhams.com)

"Add bold colour and vibrant prints to both your wardrobe and home, to help banish the January blues."



Lee Stafford, award-winning hairdresser (leestafford.com)

"If there's one change you make to your hair routine in 2017, make it a commitment to use heat protection every single time you curl, straighten or blow-dry your hair. It will save your hair so much damage in the long run – prevention is always better than cure."

Dr Murad, world-renowned dermatologist and founder of Murad Skincare (murad.co.uk)

"Replace at least one glass of water a day with one serving of raw fruits or vegetables – you'll stay hydrated significantly longer. Eating foods that are rich in structured water (found in food), especially raw fruits and vegetables, not only helps your body hold onto water longer, you'll get the added boost of important antioxidants, fibre and other nutrients."

Lisa Potter-Dixon, head make-up artist for Benefit UK and author of Easy On The Eyes (benefitcosmetics.com/uk)

"Start mixing a liquid highlighter with your foundation, for dewy skin all year around. To keep your eyes looking bright, add a touch of blue mascara over your black."

Donna Ida Thornton, jean queen and founder of Donna Ida Denim (donnaida.com)

"2017 is set to be the year of customisation, so take denim styles that you love and make them your own. Try

releasing the hems on ankle crops, or distressing your favourite skinnies for a super-modern look. If you're nervous about taking scissors to your favourite jeans, try pre-ripped ones with just the right amount of distressing."

Kirsten Carriol, Lano creator
(lanolips.com/uk/)

"Aim to downsize your beauty cabinet – find one product that does three things, rather than three products that do one each."

Shavata, brow guru (shavata.co.uk)

"Cheat bigger brows with an eyebrow tint – it helps make your brows appear thicker and fuller, and it's a great way to gain definition without any make-up. A tint should be a couple of shades darker than your natural brow colour, and the effects last two to three weeks."



Shape 75 sleek heels, available from eccoshoesuk.com

Ferne McCann, reality star and founder of Ferne Beauty
(fernebeauty.co.uk)

"Adding a little something extra to your outfit can elevate your style to the next level. It could be a pair of statement earrings, chunky knit scarf, cute rucksack, or even a killer tan."

Nicola Clarke, creative color director at Color Wow (colorwowhair.com/uk)

"Be realistic about a big hair colour change – it will also mean a change of make-up and wardrobe, and require more maintenance. Not all colours and styles suit everyone; sorry but it's true! When you visit your colourist, take along pictures of hair colours you like. It's a great starting point to talk through options, and let your colourist know a bit about your lifestyle to

Michaella Bolder, skincare expert for Time Bomb (timebombco.com)

"Start paying special attention to your neck! The skin on your neck is just as delicate and worthy of attention as the skin on your face, plus it tends to be drier and loses elasticity faster. When cleansing, bring it down all the way to the chest area, to slough off dead and dull skin, boost cell renewal, and prevent jowls, 'turkey neck' and slack, crepey skin."

Jess Wright, reality star and ambassador for Manuka Doctor
(manukadoctor.co.uk)

"I find that my skin gets a lot drier in the winter, so moisturise and use more face masks in the evening, to keep your complexion well hydrated."

Savannah Miller, fashion designer and designer of Nine by Savannah Miller for Debenhams (debenhams.com)

"Always aim to invest in classic wardrobe staples that will be worn and loved, season after season."

Neil Moodie, celebrity hairdresser and creative director of Windle & Moodie
(windleandmoodie.com)

"Using a hair product that has sun protection is a must for 2017. UVA and UVB rays can damage the cuticle and act like a gentle bleaching agent, which will gradually lighten your hair as it's exposed. This lightening process will eventually dry hair out, making it brittle and delicate and resulting in split ends and frizziness, so



Lou Riby, MD of Elemental Herbology (elementalherbology.com)

“Try multitasking to target the different needs of your skin. If your skin is combination, use different masks on the appropriate area; so if the skin is oily and prone to breakouts, use a purifying clay mask, and if it’s dry and dehydrated, use a mask which is deeply moisturising.”

Nichola Joss, skin guru and founder of Shen London (nicholajoss.com)

“Consider a new ear piercing for 2017. By placing a new piercing with sparkly diamonds in the right place, you can actually lift the face – it draws the eye to the outer edges of the face at the cheekbone. It’s a cute little visual trick, but also makes the wearer feel more lifted and contoured, too.”

Anushka Lakhani, founder of Aer Blowdry Bar (aerblowdrybar.com)

“In 2017, focus on simple yet preventative beauty treatments. Take the time to invest in weekly hair treatments that are tailored to your hair type. You can either indulge in having weekly in-salon hair treatments, or add a hair mask to your at-home regime.”

hair colours you like. It’s a great starting point to talk through options, and let your colourist know a bit about your lifestyle to determine what colour would work for you.”

James Harknett, tan guru and global creative consultant for Fake Bake (jamesharknett.co.uk)

“Make 2017 the year to choose the right tanning product to match your own skin tone. For example, fair skin tones don’t wear a dark self tanner well, especially on the face. We all like to be bronzed come spring, but take your time and investigate the products that really complement your particular skin tone.”

Dr Sandra Lee, dermatologist and face of Dr Pimple Popper (drpimplepopper.com)

“Stop tackling your white heads the wrong way! You shouldn’t pop any spots on your face, unless it has come to a white/yellow ‘head’. If the pimple has a head, at that point it’s the safest time to extract – because the bump’s very superficial to the surface of the skin, there’ll be minimal trauma. The area needs to be clean, so make sure your hands and any ‘tools’ you use are clean too.”

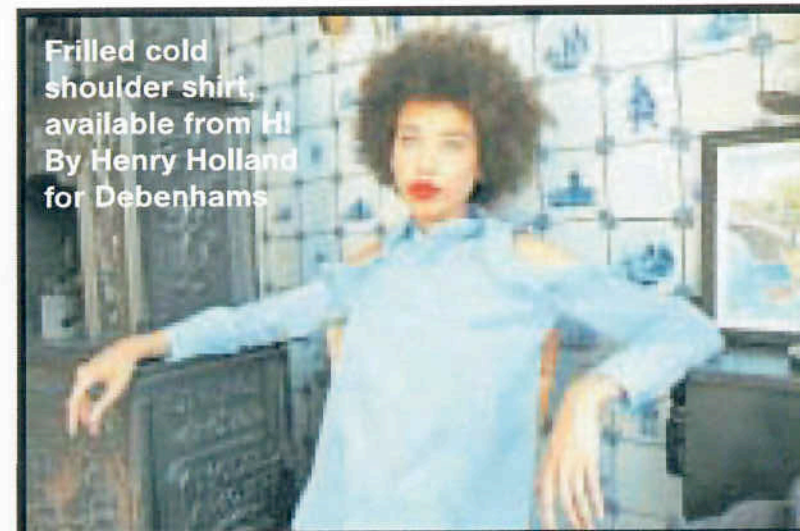
Olivia Rubin, fashion and print designer (oliviarubinlondon.com)

“Spend money more wisely on investment pieces that are timeless, rather than going crazy on lots of high street buys. My own label will also be relaunching in 2017, so I’m looking forward to showcasing the dresses, because for me a special dress is always a winner in any wardrobe.”

This lightening process will eventually dry hair out, making it brittle and delicate and resulting in split ends and frizziness, so keep it well protected.”

Debbie Thomas, skin and laser specialist at D.Thomas Clinic (dthomas.com)

“2017 is the year of positive skin love. Maintain great skin through positive (not obsessive) lifestyle and diet changes, and regular mild laser and peel treatments. Don’t attack your skin with super-aggressive treatments, support it with treatments tailored to your skin’s needs.”



Frilled cold shoulder shirt, available from H! By Henry Holland for Debenhams

Henry Holland, fashion designer and designer of H! by Henry Holland for Debenhams (debenhams.com)

“My style resolution for 2017 is to ignore dress codes – continue to dress for yourself and nobody else!”