

Ribbon lights, skin conditioner and a ‘brow mani’? *Yes, please...*

From the hot hair colour to conditioner for the face (yes, really), consider this your beauty cheat sheet for 2023

Words by **Verity Clark** and **Roisin Kelly**

1 The no-needle tweakments

THE 20-MINUTE FACELIFT

There’s serious hype in Hollywood about EmFace, a treatment that combines radiofrequency and electromagnetic stimulation, emitted by electrode pads, to exercise facial muscles, tighten skin and address the loss of volume in the face at the same time. Irina Shayk and Rebel Wilson are fans, and now it’s finally landed on home soil.

With zero pain, just a bit of involuntary twitching, and no downtime — you can be in and out in as little as 20 minutes — it’s ideal for those who balk at the idea of Botox. Four sessions, one week apart, are recommended for best results. **From £3,000 for four sessions at Dr Rita Rakus Clinic, London SW3. Also available at DR Medispa, London W1, and S-Thetics, Beaconsfield**

THE SUN-DAMAGE SAVIOUR

Desperate to sort sunspots and pigmentation? NanoFirm has landed from South Korea, where sun protection is a national pastime. Combining laser, ultrasound and galvanic energy, it stimulates skin cells to produce collagen and elastin, to

improve skin tone and texture and reduce fine lines and wrinkles. A laser sounds scary, but the fact that you can be in and out in your lunch break, with any redness subsiding within an hour, says it all. Three treatments, two weeks apart, are recommended.

£490 a session or £1,250 for a course of three at Dr David Jack Clinic, London W1

2 The digital derm will see you now

A new wave of online services is like having a dermatologist in your pocket. Here are the two to know.

Your personal skincare shopper **RIO VIERA-NEWTON**

After her Google doc containing her skincare routine went viral, the American beauty journalist and aesthetician launched a Zoom skincare consultancy. You can schedule a one-to-one with Viera-Newton and she will help you with everything from creating a skincare plan to finding products to suit your budget. **\$100; rvnbeauty.com**

Hottest A-list derms **GETHARLEY**

The idea of an appointment with Meghan Markle’s or Margot Robbie’s facialist might sound far-fetched but GetHarley makes it a reality — connecting users with the most



in-demand dermatologists. You can book with the royalty-approved Nichola Joss, or Dua Lipa's go-to facialist, Debbie Thomas, for an online consultation and get tailored treatment plans and prescriptions. The platform also offers problem or goal-specific consultations, so you connect with the best expert whether you have menopausal skin or severe rosacea. **Consultations from £40; getharley.com**

3 Mid-length crisis (and how to avoid one)

Coined by the radio presenter Alice Levine, mid-length crisis is the all-too-relatable term for that point when your hair is in no man's land — neither long nor short, notable or interesting. For impossibly lengthy locks, most recently seen on Jennifer Aniston, the celebrity hairstylist Adam Reed advises “regular trims, lots of nourishing products and braiding your hair when you go to sleep to stop breakage”. At the other end of the scissor spectrum? “The French bob or pixie crop are short classics,” he says.

4 Compare the beautymarket.com

For authentic reviews, deals and discounts, these are the apps to download.

For beauty bargains **SKIN**

Create a virtual beauty shelf of products you love or are dying to try, and you'll be notified every time one of them is on sale at a cheaper-than-normal price anywhere online. You can also browse other users' shelves and swap recommendations, tips and tricks. The ultimate app for nosey beauty shoppers.

For smarter shopping **BEAUTY BUDDY**

Is that SPF really lightweight? Does that eyeliner actually not budge? Enter Beauty Buddy, a peer-to-peer review app — think Tripadvisor for beauty products — with over 100,000 downloads and counting. A place for product fiends to leave honest reviews, so you can swerve the formulas not worth the hype and pick up those that are.

5 The re-toner (yes, it's the return of the toner)

The humble toner is back, but forget the harsh, alcohol-heavy, stripping formulas of your youth. This time around they are largely alcohol-free and boosted with ingredients to balance your skin's pH while supplying skincare benefits. For gentle exfoliation: **FaceGym Skin Changer** (£38) uses succinic acid and pumpkin extract to gently buff away dead skin. For a daily glow: **Votary Daily Apple Toner** (£35) is packed with skin-nibbling AHAs and nourishing prebiotics for extra hydration and smoother-looking skin. For all skin types: the American skincare brand Thayers, which is almost entirely dedicated to toners, launched in the UK this year. **Thayers Facial Toners** (£15 each) come in different formulas — all alcohol-free and based on witch hazel extract — depending on your skin concern. Think coconut water for hydration or cucumber for redness.

6 The hot hair colourist

Based at Nicola Clarke's Fitzrovia salon, London, the colourist John Clark counts tennis star Emma Raducanu and actress Jodie Comer as clients, and more recently has spent hours mixing bespoke blondes for the Garvey sisters on the much-raved-about Apple TV+ series *Bad Sisters*.

Clark's colour predictions for 2023?

UPTOWN BLONDE

Clark describes this as an “all-over, bright shimmery, champagne gold”, which is created by lightening the base and then using balayage or babylights on the hairline for pops of colour. For reference see Nineties Gwyneth Paltrow.

LIQUID BRUNETTE

According to Clark, this season's browns are “not overly warm, but neutral and super-shiny and glossy, like melted chocolate”. See Mila Kunis and Anne Hathaway. To lift darker hair, he suggests

“Rolo-lights” — which he did for Raducanu — a rich, chocolatey base, blended with caramel highlights.

SPICED CHERRY

This red is “all about creating depth along the lines of maple leaves and rich mahogany wood”, Clark says. See Zendaya and Julia Roberts.







7 Ribbon lights are the new highlights

We're not talking about a gymnastic routine here, but the new way to highlight hair. "Fancy balayage that looks like ribbons of colour through the hair," is how Bryony Cairns, a colourist at Josh Wood, describes it. It's a type of freehand colouring that gives an "uneven, and therefore more natural" result. "Your colourist will use one or two shades lighter than your base colour, starting narrow at the root and getting chunkier as it reaches the tip of your hair,

like twirls of ribbon," Cairns says.

8 Going down: skin cleansing. Going up: skin conditioning

A conditioner for your skin? It's a thing, says Tina Craig, founder of U Beauty, a brand that focuses on streamlining your skincare. Its latest launch, the **Mantle Skin Conditioning Wash** (£74), takes its lead from the concept of hair co-washing, where conditioner is used in place of shampoo to minimise natural oil disruption. In this instance, U Beauty's balm-to-milk cleanser melts away make-up and dirt but keeps your skin pH happy. The secret? The brand's "Siren" technology, clever capsules that neutralise free radicals (found in skin enemies like pollution) to minimise irritation, then load the skin with all the good stuff, including hydrating hyaluronic acid and complexion-plumping elastin.

9 Introducing the bacial, aka the body facial

HydraFacial, the company behind the beauty editor's go-to skin pick-me-up, has launched a programme of six targeted body treatments. From "brightening your booty" (their words, not ours) and exfoliating your back to smoothing arm bumps, the HydraBody therapies use the same tech as the HydraFacial itself, which includes advanced microdermabrasion and the optional add-ons of LED therapy and lymphatic drainage. And fortunately there are more than 1,200 HydraFacial practitioners in the UK and Ireland.

From £90; hydrfacial.co.uk

10 The new beauty workout: cycling

No, not that kind of cycling. This is skin, hair and even fragrance cycling. Like all dubious-sounding trends, it started on TikTok, where there are now more than

160 million views of the hashtag #skincycling. But don't be too quick to dismiss it, because according to the dermatologist Dr Alexis Granite there are real benefits. "The concept of skin cycling applies to a night-time routine and involves using specific active ingredients only on certain days, followed by 'rest' days," she says. "The rest phase allows the skin to repair and reduces the risk of irritation." Hair cycling follows the same principle: you use different treatments each wash to maximise hair and scalp-health benefits. And finally, perfume cycling — according to Holly Hutchinson, founder of Memoize London perfumes, rotating fragrances is key to not going "nose blind and therefore not getting the most out of your perfume". We're exhausted thinking about it.

11 Coming soon... Fashion houses get their beauty fix

Hot on the heels of Stella McCartney's skincare launch in September, other fashion houses are keen to get a slice of the beauty pie too. First up, the Danish label Ganni has launched a face and body glitter (£25), created with the zero-plastic beauty brand Submission. Available in silver, fuchsia and champagne, it's perfect for the party season. Meanwhile the beauty juggernaut Estée Lauder has licensed Balmain Beauty, a to-be-confirmed line-up of cosmetics dreamt up with the luxury label's creative director, Olivier Rousteing. Move over, celeb brands.

12 Try the brow manicure

We've had microblading, feathering, laminating... and now it's all about "brow manicuring". Coined by the A-listing brow artist Shavata Singh (shavata.co.uk), whose clients include Victoria Beckham, Kate Hudson and Adele, this is all about having an impeccably arched, precise brow.

HOW TO ACHIEVE IT

"You can fake an arch by drawing it in and

then using a highlighter to accentuate the area," Singh says. "This reflects the flow of the hair upwards, helping to open up the eye area and emphasise the cheekbones." ■





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