

# AUSTRALIAN BODYCARE®

Source: Take a Break

**LIZ WILDES**

**REAL Beauty**

The most honest beauty advice around

**I hate the blemishes on my back. My back and shoulders are spotty. Can you suggest anything to help?**

Douglas Avenue, Hudsonfield, NY



**Liz loves...**

This is a common problem caused by excess oil and sweat. The best solution is to keep the area clean and free from bacteria with a wash containing naturally antiseptic tea tree oil, such as **Australian Bodycare Skin Wash, £12.50**. You can buy it from **QVC** and **qvcuk.com**.

Lather up a hand towel and place over your back while in a warm shower to allow the oil to soak into your skin. After a few minutes use the towel as a loofah to wash (and gently exfoliate) your back, then rinse and dry the area thoroughly.

**SPEND**  
**Mix Factor Masterpiece Transform Mascara, £9.99**, has a slim brush that coats every eyelash and gives impressive volume, even after

**SAVE**  
**Collection Big Fake Curves Fake Lash Effect Mascara, £4.99**, has an hourglass-shaped brush to deliver extra product on the outer lashes. **Althea**

**IT'S A STEAL**  
**Miss Sporty Pump Up Booster Fabulous Volume Mascara, £3.99** (from Boots and Superdrug) has a flexible plate brush that stores enough mascara for multiple applications. **A great**

**Which is the best mascara?**  
**And do I have to spend a lot of money to get a good volumising mascara?**

Kristate, Sherman in Elmet, Leeds

Photo: Rex

No way. There are brilliant mascaras in all price ranges. Don't believe the hype that the bigger the brush, the bigger the effect. If you've got fine lashes, a slimmer brush is far better for coating each one. Application is important too. Start at the roots and wiggle the brush up, adding a second coat before the first has dried.