



PERFECT PINS

Our leggy mama **Triona McCarthy** has the perfect plan to preen and pamper your pins for public consumption. This and much, much more

GERRY MOONEY

TRIONA'S TRENDS

Listen up, ladies — it's time to ditch the opaques, so if you want perky pins and sexy, silky legs, read on.

There are numerous causes of dry skin on the legs, but one of the best remedies is E45, the number-one selling brand for dry skin, available nationwide. I use E45 Shower Cream, €7.10, first and then I apply E45 Body Lotion, left, €7.79, for super-soft legs.



Scholl Express-Pedi, €49.99, is the must-have beauty gadget for home footcare right now. The electrical device has rollers that easily remove hard skin.

To fight cellulite, try body brushing to improve lymphatic drainage.

Mothercare's It's Your Body Leg And Foot Cooling Spritz, €6.99, is just what tired legs need. It

includes menthol, lemon and horse chestnut extracts to reduce inflammation, and cool and revive aching legs and feet.

Legs love Sex Symbol Aerotan, right, €16.99, from www.suntan.ie, with its built-in moisturiser. Just exfoliate, spray and go. It washes off easily.



The Veet Easy Wax Gadget, €39.99, was a massive hit last summer, and now it has a sensitive-skin refill, left, €12.99, for legs, arms and bikini line — so even the most sensitive skin can enjoy this waxing gadget without the spa price tag. It's so simple to use.

TRIONA'S TRICKS

I still can't drink 'cause I'm nursing my baby at the moment, so I've found lots of new uses for vodka.

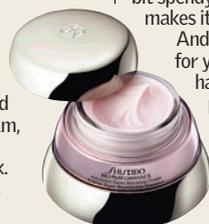
Nothing makes your glass and chrome bathroom fixtures shine like a vodka polish. I use

it on mirrors, tiles, even on hair straighteners, as it removes everything, including sticky hairspray. You can also disinfect specs, or pour some into a cup and add your jewellery for a brilliant shine.

TREAT YOURSELF

Yipee! You know how much I love a GWP (Gift With Purchase). Well, luxury brand Shiseido is having its first GWP event in pharmacies nationwide this month.

With the purchase of two products, one to be skincare, you get either a mini Skincare 1-2-3 kit or a mini Benefiance 1-2-3 kit, plus a mini new Bio-Performance Advanced Super Restoring Cream, right, and a mini new Perfect Rouge lipstick. My fave colour in this



lippie is Sensation — a hot pink that's perfect for summer lovin'. Skincare-wise, the Shiseido Bio Performance Advanced Super Revitalizing Cream is a real treat for skin and the perfect base for foundation. At €88, it's a bit spendy but, with this promo, it makes it more affordable.

And if that's not enough for you, the stores will be having a special promotion day, with mini facials and makeovers.

For details, see www.shiseido.ie

CULT PRODUCT

There's nothing like finding a fresh, new fragrance for a fun-filled summer. Now, I'm McLovin' L'Occitane's new La Collection De Grasse, right, €55 each.

Karine Dubreuil, L'Occitane's first in-house nose, who has created fragrances for Guerlain and Gucci, was inspired by her hometown of Grasse in France, the capital city of fragrance.

So Karine has drawn on a wealth of ingredients, from

blackberry to bergamot. The result is a stunning mix of four fab fragrances in the prettiest packaging: Jasmin & Bergamote, which smells woody, yet fresh; fruity Magnolia & Mure; citrusy The Vert & Bigarade; and, finally, the oriental Vanille & Narcisse.



NAME GAME

My little sis Anna Banana — lead singer with the band Dott — has a thing with names. I've told you before how she calls me Oldie Hawn if I'm dressing a bit lamb-like or Lies-za Minnelli if I'm telling porkie pies.

Well, while I was pregnant, she called me Preg Ryan or Preg Saor. Hee, hee!

Well, Anna, if you're reading this, my correct new name is MaxiMum!

Speaking of correcting, I recently got my paws on Clinique's Moisture Surge CC Cream SPF 30 Colour Correcting Hydrator, right, €35.

In case you've been under a rock, colour

correctors, or complexion correctors like BB creams, originated in Asia where they're all about skincare in cosmetics. For more on BB creams, see *The Panel* on page 34.

CC creams are like those skintone-correcting coloured concealers that you see in green or lilac, but, with modern technology, you can now use them all over your visage. Think of it as a primer with benefits, and pop foundation over it, or wear on its own, kind of like a tinted moisturiser, as it's super-hydrating.



MOST WANTED

At the end of my pregnancy, I could hardly waddle, let alone walk. I even had to waddle, sorry, model, at an ISPCC charity show at nearly eight months gone — the things I do for love! Comparisons to model and mum-to-be Elaine Irwin, left, I did not get.

Anyhoo, my pigs' trotters, sorry, feet, badly needed some attention before I got them out in the labour ward, as, near the end, I couldn't even reach my toes.

So I ventured out to the Red Lotus Hand & Foot Spa, where a lovely therapist called Susanne tended to me.

Anyhoo, I opted for the Red Lotus Pedicure, €55, with its soothing

paraffin-wax treatment, followed by the Cuccio pomegranate and fig sea-salt scrub and its matching massage creme.

I'm a big fan of dark red and plum colours, so I opted for the Essie Berry Hard polish on my tootsies.

When I realised they do Artistic manicures — which is my absolute favourite three-week manicure — I decided to get one of these also. I'll definitely be back. I wonder if they do babies' feet?

The Red Lotus, 125 Ranelagh Village, D6, tel: (01) 534-8015, or see www.theredlotushf.ie

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