



Jo Malone Lime Basil & Mandarin Cologne from £39
"I'm obsessed with this smell! It's citrusy and fresh but not too heavy."



Maybelline Colossal Mascara £7.19
"My favourite for years. I definitely think it's the best affordable mascara."



Nivea SOS Lip Balm £3.39
"My all-time top lip balm. I have big lips so want to make sure they're never dry!"



NARS Matte Lip Pencil in Red Square £18
"The ideal orangey-red for summer days and nights."



Laura Mercier Shimmer Bloc in Pink Mosaic £32
"Because I'm pale, I love a pink blusher. This is my must-have because it has highlighter too, so it's great to pop in your handbag."

What's in your beauty bag?

ROSIE FORTESCUE

The *MIC* star on what gets her gorgeous

Dr Lewinn's Skin Perfect Foundation £25
"I love this foundation as it's not too heavy and is very moisturising."



Skinbreeze Blemish Fix £30
"Luckily, my skin is usually quite clear but this is great for when I do get the odd annoying blemish."

Rosie is a fan of Skinbreeze facials. Visit Skinbreeze.co.uk

COMPILED BY: Madeline Crisp. PHOTOS: Rex Features. STOCKISTS: Skinbreeze at Skinbreeze.co.uk, Dr Lewinn's at Uk.spaceenk.com, Jomalone at Jomalone.co.uk, Laura Mercier at Johnlewis.com



We tried: 3D-LIPO

Julia Brooks, deputy news editor, tried 3D-lipo

"I love chocolate and I'm not exactly a fitness freak, so when I was offered the chance to have 3D-lipo a week before my sister's wedding, I jumped at the chance.

I was told I would see a difference with just one session and that the procedure would be non-surgical and completely pain-free.

I was greeted by a therapist who took me through all the different options available. We agreed the best option for me would be to have

Cavitation, a 45-minute treatment that uses low frequency ultrasound to disintegrate fat into a liquid state.

I was first measured to see if I had enough fat on my body to have the procedure (you need at least 3cm to target and, unfortunately, I more than passed that test). Then I had my hips, waist and stomach measured.

I then had a blue ultrasound cream rubbed into my stomach and hips so that the waves could pass more easily through my body. My

therapist then started to rub a small metal machine on one side of my hips before moving to the other side. As promised it didn't hurt and the only thing I could really feel was the machine getting hotter and some ringing in my ears. After the session

I'd lost an inch off my hips and an inch and a half from my waist, which definitely made me feel more comfortable on my sister's big day!"

■ For more information on 3D-lipo, visit www.nonsurgicalclinic.co.uk or call 0800 677 1688

