

M DAILY Mirror

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HOW DOES A STYLE GURU BUY CLOTHES, OR A SEX THERAPIST STOP HER LOVE LIFE GOING DOWN THE PAN? HERE, EXPERTS FROM EIGHT DIFFERENT FIELDS SHARE THEIR FAVOURITE TRICKS.

BY NATHALIE GIBBINS



FASHION EXPERT



Caryn Franklin is a fashion writer and broadcaster who regularly appears on GMTV.

- ONLY visit shops that stock clothes you know fit you well.
- MAKE the most of the sales to stock up on designer classics such as cashmere knitwear – they'll last you for the next ten years.
- BUY high fashion items cheaply and wear them to death because you'll be getting rid of them in months.
- CREATE your own style by adding accessories such as scarves and collars that you've collected over the years to outfits.
- REPLACE cheap plastic buttons with metal or mother-of-pearl ones on coats or cardigans.
- I ALWAYS have a huge bunch of safety pins to hand to pin on accessories or tailor my clothes to fit perfectly, such as pulling in a jacket at the waist.

MY TOP TIP In the past my downfall has been laundering – I'm forever shrinking and ruining beautiful items by chucking them in the machine. ALWAYS check the label – even if it means spending extra time handwashing.

DERMATOLOGIST



DR Sarah Wakelin is a consultant dermatologist in London.

- FOLLOW a simple skincare regime – using lots of different products can upset your skin's natural balance. I use a day cream or tinted moisturiser, always with SPF15 during the summer, and a night cream on dry areas of my skin before bed.
- DON'T bother with a specific eye cream – the skin around your eyes is not very different from the skin on other parts of your face.
- ONLY apply moisturisers to dry areas and avoid the oily T-zone. Adding extra moisture here can trigger spots.
- AVOID anti-ageing night creams as many of the ingredients, such as fruit acids, can be harsh and cause irritation.
- I TRY to eat a balanced diet and have never smoked – it's terrible for skin.

MY TOP TIP The best anti-ageing remedy is staying out of the sun. I never sunbathe and I'm careful to keep the sun off my face with hats, sunglasses and a high-factor sunscreen. If I want some colour, I use fake tan.

DENTIST



Dr Uchenna Okoye owns Gloucester Road Smile Centre (020 7373 3744 or www.london-smiling.com).

- GO to the dentist every six months for a check-up. I'm petrified of dentists but force myself to go. I have loads of fillings from eating too many sweets as a child and don't want any more.
- VISIT the hygienist religiously every six months because she can clean areas you can't reach.
- LIKE most people, I'm lazy about brushing so I use an electric toothbrush that's timed and keeps me at the sink for two minutes.
- ON the odd night if you're too tired or tipsy to brush, swill your mouth with a mouthwash.
- FLOSS every night. I use Glide Floss Pick, £3.65. It's so much quicker and easier to use than tape.
- WHEN you buy a chocolate bar, also buy a packet of sugar-free gum to chew afterwards.

MY TOP TIP I use Colgate Total, £1.99, because it's a good all-round toothpaste, and I keep Retardex Oral Spray, £2.99, in my handbag. It's the only breath freshener that gets rid of garlic breath.

LOVE COACH



Imogen Moore is love coach for **match.com**, the world's biggest online dating agency.

- I ALWAYS recommend playing hard to get when meeting a new man. It keeps him interested – and that's exactly what I did when I met my long-term partner, Paul.
- MAKE yourself genuinely too busy with other interests to meet up with him at the drop of a hat. This is important – too many women drop everything else when they meet someone new.
- Apart from being unhealthy for yourself, it also doesn't give you anything new to talk about with your new partner.
- MAKE him chase you. Paul admits to this day that we probably wouldn't be married now if I hadn't seemed so unavailable.
- PUT energy into keeping your relationship fresh. I do this by planning little surprises – it's so easy to get into a routine rut.

MY TOP TIP I cook special meals, or when Paul goes away on business, I secretly pack little notes, photos and treats (such as his favourite PG Tips) in his suitcase. Bit gushy, but it really does the trick.