

Top tips to keep your eyebrows beautiful from home



Laura Bermingham

While we wait for normal services to return we must go down the DIY road for beauty treatments like facials and brow care. For some of us, waxing or threading is the norm for keeping brow control. Others may depend on microblading or embrowdery to create brows that nature hasn't blessed us with. I spoke with celebrity brow expert and founder of Eyebrow Queen, Nilam Holmes, who counts Victoria Beckham and Amanda Holden as clients at her Dermaspa Clinic in the UK, about how to get fuller and bolder brows.

'If your eyebrows are not in their normal state, now is the perfect time to encourage growth. When beauty salons reopen, it will be easier for the brow professional to restore your eyebrows if hairs are looking healthy and starting to grow,' Nilam says.

Her first tip is to step away from the tweezers. 'Tweezing too much can damage the hair follicles, which are responsible for hair growth and strength. Tweezing is acceptable if you wish to remove a few stray hairs but you can cause permanent damage or run the risk of your brow hairs not returning if you over pluck.'

Nilam's next tip is simple and effective. 'Massaging your brows will help to stimulate hair growth. Using either clean fingers or with olive oil, massage your brows and the surrounding areas in circular motions for five minutes daily. This creates stimulation and the circulation in the bloodstream oxygenates and encourages hair growth.'

Nilam also recommends combing through the brows regularly to stimulate circulation to the area for fuller brows, but has this tip for keeping them in shape. 'You can trim your brows to maintain order. If you spot any longer hairs above your brow line, comb upwards and carefully trim using eyebrow scissors. Never cut straight across as this will result in a blunt look, just snip the individual hairs as you go. Always use eyebrow scissors as these are curved and designed to trim the smallest of hairs.'

To stimulate growth and give your eyebrows the best chance of growing fuller, Nilam has a final recommendation. 'Eyebrow serums contain active ingredients that promote growth, including amino acids that protect from breakage, and conditioning agents that hydrate the individual hairs. They are designed to enhance the thickness of your eyebrows and in the areas that are sparse, they stimulate growth.'

See more of Nilam's tips and brow products at eyebrowqueenpro.com

Treat mum this Mother's Day with a pampering gift



Lush Happy Mother's Day Gift

€65, Lush.com
Fresh handmade cosmetics company Lush has plenty on offer for Mother's Day for every budget. From uplifting bath bombs to Rhubarb and Custard soap, there is lots to choose from. This Mother's Day gift is the showstopper: inside are seven bath and body treats including a Rose Gold bath bomb, lotus flower soap, Mamma Mia body scrub and the luscious rose jam shower gel. The gift comes boxed and wrapped in a pretty reusable knot wrap. This is ideal if Mum is a fan of long baths.

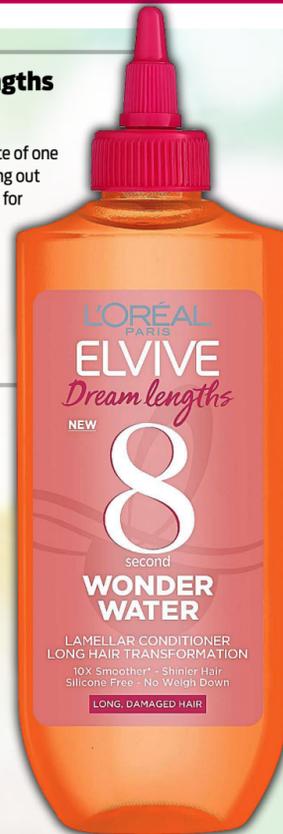
The Body Shop Vitamin E Skin Hydration Kit

€38, The Body Shop
Give Mum the gift of pamper time on Mother's Day with this cult classic line from The Body Shop. The hero Vitamin E day cream has been a staple at the brand since the 1970s. The cream is a bestseller for dehydrated and stressed skin. Its formula of hyaluronic acid, raspberry seed oil and Vitamin E is deeply hydrating and comforting (50ml). Also in the kit is the Vitamin E Quench Sheet Mask and Gentle Face Wash (125ml) to complete a dry skin routine.



L'Oréal Paris Elvive Dream Lengths 8 Second Wonder Water

€11.99 RRP, grocery & pharmacy
This new conditioning lotion is being sold at a rate of one bottle per minute in the US since its launch, selling out repeatedly. The lotion is an intensive conditioner for sleeker lengths and zero frizz that takes just eight seconds to work. Not an everyday product, it's designed to replace your regular conditioner up to three times per week. Inside the lotion is Lamellar technology, molecules that 'fill in' cracks in the hair fibres (without silicones) to leave the hair lengths sleek and shiny.



The Inkey List PCA Bond Repair Hair Treatment

€15.99, pharmacies nationwide
The Inkey List has a solid fan base for its single-ingredient skin care collection. Soon they will have another for their innovative hair care. This new PDA Bond Repair treatment is a hair solution for all hair types, fine to oily, dyed or natural. The spritz, used on towel-dried hair from the mid-lengths to ends, works to repair the three types of broken bonds within the hair shaft that lead to dull, frizzy hair. These bonds are broken by washing, heat, hair dye, and styling. Now you can fix them.

Color Wow x Rosie Connolly Collection Box

€56.45 (value €69)
LookFantastic.ie
This limited edition Color Wow collection of hair care with Dublin blogger Rosie Connolly is a limited-edition set exclusive to LookFantastic.ie and it has some great products inside. All travel sizes, it includes the Color Security shampoo and conditioner, a styling spritz, leave-in strengthening lotion and root lift spray. Best of all, it has Color Wow's Dream Filter (50ml), a pre-shampoo liquid that removes minerals from the hair for brighter locks.



treat of the week

Molton Brown 50th Anniversary Limited-Edition Orange & Bergamot Collection
Fragrance brand Molton Brown celebrates 50 years in 2021. To mark the occasion, a new-look collection launches this month. The best-selling white floral and citrus scent, inspired by sun-drenched Seville, will have new packaging reminiscent of the original line from the 1970s. The 14-piece collection for bath, body and home ranges in price from €12 for hand cream to €130 for the eau de parfum (100mls). Molton Brown is perhaps most popular for its hand and body washes and lotions and these are included in the limited-edition collection, as is this body oil with the classic mandarin, neroli and musk fragrance. €49/200ml.



Dublin Herbalists Hand Cream Gift Set

€26.95
dublinherbalists.ie
Dublin Herbalists is a 100 per cent natural and cruelty-free skin care brand founded by Claire Brett in 2012, and based in Tipperary. Claire's skincare can be found in Avoca and Kilkenny shops among others. For Mother's Day next Sunday Claire has created this deeply nourishing hand cream trio with natural scents of sweet orange, rose and jasmine. There is also a New Baby Gift with massage oil, body balm and body butter, €34.95.



HOT LIST

CLAIRE HYLAND ON WHAT'S TRENDING RIGHT NOW



GIFT IT
Luxury hospitality brand CLIFF is paying tribute to female entrepreneurs and helping to support those in dire circumstances with the launch of its International Women's Day collection. It features products from sleepwear line Moon & Mellow, lifestyle brand Flowstate, luxury bedding brand White & Green and The Well at CLIFF's handcrafted spa products. Five per cent of sales from the collection will be donated to Women's Aid. See CLIFFHome.ie



RE-LOVE IT
Irish label Féri's founder Faye Anna Rochford says her childhood spent on a farm surrounded by antiques and repurposed furniture inspired her love of making things. Her clothes are made from deconstructed textiles and pre-loved pieces are made in tiny quantities, produced with an ethically certified manufacturer in India. Faye's latest offering includes floor length floral dresses that are perfect for spring. The pick of the bunch is the Susie dress which live in your wardrobe forever. Shop the collection at feri.ie



TEACH IT
Niamh and Lisa, the founders of The Wonderkind, have launched their children's accessories brand which includes story clips featuring women who have left their mark on the world from Frida Kahlo to Kamala Harris. Their Mnaosme na hEireann clips honour inspiring Irish women including Vicky Phelan. The set is €13.50 and for every set sold €1 is donated to Vicky's chosen organisation The Shona Project. See thewonderkind.com

ABSORB IT
Soothe your hands and help the future of women in Africa by snapping up L'Occitane's new solidarity hand cream. The cream is made from shea butter and smells of hibiscus. It is priced at €10.50 and 100 per cent of sales go to the L'Occitane Foundation to support NGO projects.



THRIFTIFY IT
SHOW your mum some extra special planet-friendly love this Mother's Day with a gift that also sends some much needed love to Mother Nature. Thriftify is Ireland's online charity shop, with 93 per cent of Irish charities benefiting from the sale of the vouchers. Let your mum pick a gift of her choosing whether it's books, music, fashion or simply something frivolous and fabulous. See Thriftify.ie



TAKE IT WITH YOU
Mother Reusables are earth friendly thermal bottles made from copper and stainless steel. These artist-designed bottles are the perfect gift for mums who care about their plastic footprint. The 500ml bottles keep beverages hot/cold for up to 24 hours and the packaging is 100% recyclable and sustainable. For every product sold, Mother Reusables will plant a tree with the Eden Reforestation Project.

