

There's no need to follow the herd this season, just follow **Liz Newman**'s tips on looking great

TRY THIS: TEN PILATES

If you're a fan of Pilates then you'll love the dynamic version, which lets you see – and feel – benefits fast. The intense workout is centered on and around a low bed with a sliding platform. Movements strengthen core muscle groups, slim the figure, burn fat and create lean, toned muscles. Small wonder it's the workout of choice for so many A-listers. Get in on the act at the brand new Ten Pilates studio in Mayfair, housed within the gorgeous Matt Roberts Personal Training Centre. Small group classes and personal training sessions take place daily. Prices from £12.50 for an introductory session. 16 Berkeley Street, W1 (020 7629 4395; www.tenpilates.com)



FABRIC RECOMMENDS: SEMI-PERMANENT MAKE-UP BY SARAH JAGGER AT MARTYN MAXEY

When make-up artist extraordinaire Sarah Jagger invited us for a consultation she concluded that we were blessed with thick, shapely eyebrows, well-defined lips, and long, dark eyelashes – lucky us – but that discreet eyeliner in the roots of our upper lashes would open up our eyes and accentuate the irises. On the day of the treatment we had to admit to feeling a little apprehensive. Sarah was quick to reassure us that everything would be fine. She uses two different types of anaesthetic on the area to minimise any pain caused by the needle. The actual process was more uncomfortable than painful, the vibrations of the needle causing our eyes to twitch, but was over mercifully quickly. The immediate result was quite dramatic but faded over the course of the next few days to leave a subtle but effective line. Sarah recommends returning after one month for a reapplication to extend the life of the eyeliner, but even halfway through we are satisfied customers. Compulsive mascara wearers, we haven't felt inclined to apply it once since the treatment, so wide do our eyes now look. £375. 18 Grosvenor Square, W1 (020 7629 6161; www.semipermanentmakeupartist.com)

SHOP HERE

We were born to shop at these gorgeous boutiques

Merchant Archive, W9

This west London treasure trove is in the little black book of every stylist worth her salt, and celebrity fans include Kate Moss and Sienna Miller. Founder Sophie Merchant is an avid collector of vintage and has decked her stunning emporium out with a mesmerising collection of contemporary and vintage fashion, jewellery and lifestyle pieces from around the world. Her private appointments are an insider secret for those seeking true one-offs. 320 Kilburn Lane, W9 (020 8969 6470; www.merchantarchive.com)

Ronen Chen, W1

Form an orderly queue ladies – Israeli designer Ronen Chen has just opened his first London store in Portman Village. The clean, understated designs are inspired by Chen's love of straight lines and geometric shapes. We love the fact that each seasonal collection is divided into mini stories – which hit the stores every two weeks – so there's always something new and desirable to look out for. Famously flattering and easy to wear, the range, which includes evening and daywear, already has a massive following in this country and Davina McCall is a fan. 23 New Quebec Street, Portman Village, W1 (020 7723 1973; www.ronenchen.com)



STYLE Q&A

Sam Remer, stylist and founder of ilovejeans.com on how to 'do' denim **Skinny or boyfriend?**

Both are here to stay. The boyfriend is more forgiving – only leggy, petite or apple-shapes can wear the skinny.

Denim jackets: so now or 90s nightmare?

It's back and 'hot'. Keep it dark and never mix with jeans to avoid denim overkill. Think effortless style.

This season, dress up jeans with...

tight knits, cropped blazers, heavy jewellery, waist belts and thigh high leather boots.

or down with... hoodie cardigans and pumps.

When buying jeans always...

take an honest friend with you. If the jeans feel uncomfortable when sitting, don't waste your time. Book a free private consultation at the ilovejeans.com premises in north London. 23 Longland Drive, N20 (020 8446 4299; www.ilovejeans.com)