

Autumn beauty tips

by Elaine Darling

Autumn has definitely arrived! It's time to review our make up regime and for me that starts with eyebrows and lashes. Maintaining your eyes should be a vital part of any woman's beauty regime.

As someone who probably 'over-plucked' her eyebrows over the years and is a little nervous about the range of tattoo-type brows which are now available, I am naturally drawn to tinting.



Tinting your brows and lashes as well as shaping them can have a dramatic effect on your eyes. At Chamomile Sanctuary the therapists will help you choose the right treatment for you followed by a tint which will be chosen to suit your skin and colouring (£28. Patch test required).

While I regularly have my lashes tinted, time permitting I

love LVL (£55, 60 mins). LVL enhances and straightens your natural eyelashes at the root, so unlike a traditional lash perm it creates the effect of longer, lifted lashes. They will stay that way for about six to eight weeks. The results are immediate, plus the added lash tint creates a mascara-type effect so you are always ready to go. (Patch test required)

The menu at Chamomile includes threading (from £20) and false lashes (from £15).

Lots of options to help you flutter your way through Autumn and into the party season!

Call the spa reception to book on 0131-220 1000 or email spa@chamomilesanctuary.com

