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ask Anjana

all your hair and beauty dilemmas solved by our beauty editor

Q My eyes always water when I apply mascara – is there another way to make my lashes look longer and prettier?

For general lash health and a helping hand in growth, you can try Dermaquest's new DermaLash, £98 (01306 886425). The makers claim that by simply applying the gel along the upper lash line before going to bed, it can make a visible difference in lash length and volume in as little as three weeks. The treatment works by stimulating the hair follicles and targets the three essential aspects of each lash to make them longer and thicker. The added ingredients of panthol and biotin act as strengtheners to protect delicate hair from daily assaults such as allergies, pulling, rubbing, lash curling, cosmetics and heat. Also, the added hydrolysed wheat and soy protein work to nourish and condition. If you haven't already, you can also try eyelash extensions from Jinny Lash, from £100 (020 8949 9292). Each fake lash

is glued onto your natural lashes one at a time and they stay put for up to eight weeks. Or you can always go for false lashes, which can be glued on and removed at the end of the night – Shu Uemura have a fab selection (020 7240 7635).



Q I have quite a bit of water retention in my thigh and stomach area. I heard that wraps are a good way to reduce it. Can you recommend one that will also help my dry skin?

I recently tried the Wasabi Thermo Body Wrap which uniquely combines the healing powers of wasabi to deliver a treatment that focuses on breaking down fluid retention, toxic accumulation, dry skin and stress. The main ingredient, Japanese wasabi root, recognised for having anti-inflammatory properties, as well as a high vitamin C and antioxidant content. Believe me, it has the same warming properties on the skin as does on the tongue. The treatment is amazing at aiding skin detoxification, because you sweat loads thanks to the use of infrared lamps, heated blankets in combination with the Dermalogica