

TRENDS STYLE // WELLBEING // CELEBRITY

RIGHT WAVELENGTH LEDs ARE LEADING THE WAY

It's boom time for LED therapy in skincare. Originally developed by Nasa for plant growth experiments on shuttle missions, the technology was later found to have promise for wound treatment, hence its popularity in the beauty world. Using varying wavelengths of light (including red and blue) has been scientifically proven to help the skin in many ways, from anti-ageing to helping soothe the acne. And LEDs do not contain UV rays, making them safe for regular use. So which to choose? Celluma is an award-winning, FDA-approved,

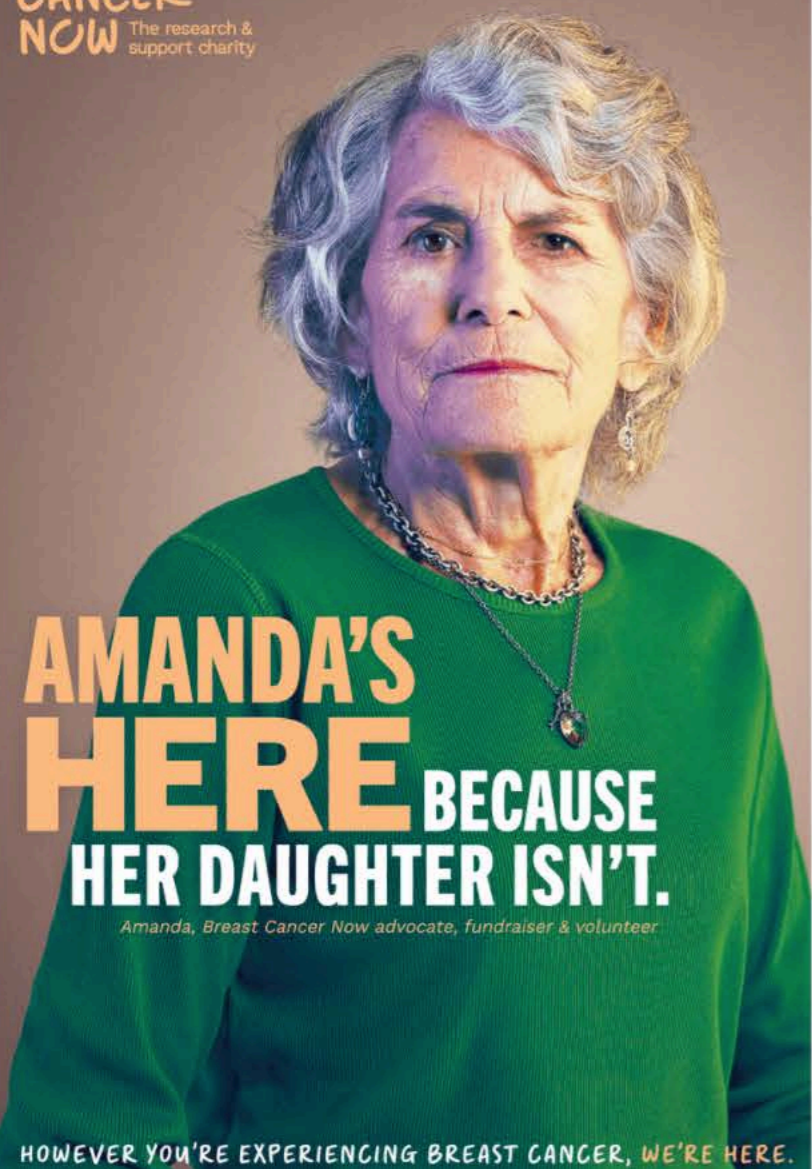
LED anti-ageing light that's loved by the likes of Chrissy Teigen and Dua Lipa, and uses three wavelengths of light energy simultaneously – blue, red and near-infrared. Blue light kills acne-causing bacteria, clearing existing breakouts and restoring the skin's healthy appearance. Red light increases collagen and elastin production, improving the look of fine lines and wrinkles, increasing



circulation and decreasing inflammation. And near-infrared can reach cells deeper into the body to relieve arthritic, joint and muscle pain. This gizmo isn't cheap (£1,795, celluma.co.uk) but, briefly, London's Waterhouse Young clinic is offering it as a free add-on to its Hydrafacials. **NICOLE MOWBRAY**
waterhouseyoung.com/offers

BREAST CANCER NOW The research & support charity

Search 'Breast Cancer Now'

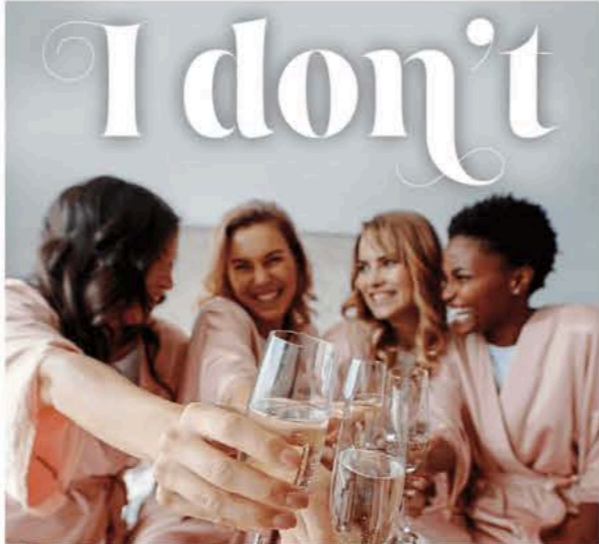


AMANDA'S HERE BECAUSE HER DAUGHTER ISN'T.

Amanda, Breast Cancer Now advocate, fundraiser & volunteer

HOWEVER YOU'RE EXPERIENCING BREAST CANCER, WE'RE HERE.

Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200).



THE COST OF LIVING CRISIS IS GIVING WEDDING GUESTS COLD FEET, SO ISN'T IT TIME WE CUT BACK ON CELEBRATING MARRIAGE? BY **MARTHA ALEXANDER**

VERY early on in my prolific career as a wedding guest I told my friends that I'd never go to an 'abroad' hen do - and I'd rather just say so now than come up with elaborate excuses whenever I received an email with the subject line 'IBIZA CLUCK CLUCK!' My frugal stance worked both ways: I wanted my hen to be a one-night wonder in London - where we all lived - and felt it should cost £100 per head, all in. To be clear, there is nothing I love more than a wedding and its related celebrations, but I have also always found them low-key stressful because of the inevitable expense involved (hen, travel, hotels, gifts), which is completely incompatible with my salary.

So I can relate to new research commissioned by SpareRoom, which reveals over a quarter of young people would rather miss out on a wedding, stag or hen do than face the financial anxiety caused by going. This is thought to be down to the cost of living crisis, which in May saw some 88 per cent of adults report an increase in their cost of living, with 44 per cent admitting to buying less food than previously. Pre-pandemic statistics found that guests paid an average of £391 each to attend a wedding. Compounding the problem is that this summer is set to be wedding season on steroids as a backlog of couples can now marry without restrictions. And now, if you believe everything you see online, you'll know the norm is week-long benders in Las Vegas or Ibiza getaways involving private chefs. Some 25 per cent of UK couples will pick an overseas wedding. I binged on the social media coverage of the Dolce & Gabbana-sponsored nuptials of Kourtney Kardashian and Travis Barker (above) earlier this year in Positano, Italy, knowing it would further a pervasive belief that weddings



Too much of a big splash: The cost of hen and stag dos can prove off-putting

must be big, exotic and extremely post-worthy. I've long felt a pressure to wear new clothes to weddings and if I sound miserly, I'm not alone. Mumsnet is a mouthpiece for many disgruntled by pressures to prove their support for a marriage by forking out. Tales of people being demoted from bridesmaid duties because they couldn't afford a spa weekend in a rural hotel or taking out credit cards to avoid admitting they don't have the readies for a flight to Mykonos are rife.



I'm not suggesting it's selfish to marry abroad. Two of my best friends had destination weddings and I was delighted to go - partly because I knew if I couldn't have gone because of money, they would have understood. But there are people who believe their pals should just suck up whatever costs are thrown at them. This reeks of entitled Main Character Energy. However, if hosts are required to be understanding, guests have a duty to be honest. So if you can't afford something say so immediately and firmly. Perhaps these more financially restrictive times could bring about a renewed sense of perspective on what friendship and marriage is all about.

WEAR IT ONCE AGAIN With the cost of living crisis and our concerns about the effects of our shopping habits on the environment, it makes sense to think about pre-loved clothes. Barnardo's Fashion For All campaign emphasises the charity shop's commitment to good quality threads no matter your age, sexual orientation, gender or budget. barnardos.org.uk

The HOT List
THE LATEST BEAUTY AND FASHION NEWS
compiled by **NICOLE MOWBRAY**



GIVE ME FEVER Victoria Beckham's added more colours to her Cheeky Posh buildable creamy cheek colour. With a soft, velvety texture, the products are infused with clean botanical actives and plant-based esters (rather than silicone) to provide water-resistant wear and a smooth, perfected finish. We love Fever, a vibrant poppy channelling the 'adrenaline flush you get from dancing all night'. £36, victoriabeckhambeauty.com



BREAKING THE CYCLE The new blemish control range from CeraVe 'breaks the blemish cycle without disrupting the skin barrier'. Unlike many other acne or spot-prone products, this range is not drying, meaning skin doesn't get sensitive and liable to break out. We love the alcohol-free Blemish Control gel-to-foam cleanser (£10.50) and the Blemish Control Gel (£12.50). cerave.com

EARN YOUR STRIPES FOR THE SUMMER Summer is the perfect time to give statement pieces a go and this bold Lyle & Scott striped cardigan (which comes in red or blue) has a fun preppy vibe. Perfect for throwing on for cooler evenings and layering up come autumn. £54, lyleandscott.com



FOR SILKY SKIN Sunscreen in a 500ml pump pack is just what we need this scorching summer, and Ultra Violette is bringing just that with its Bod Brigade. This 'next gen SPF' is silky and lightweight despite being a 50+ and is packed with skin-loving ingredients including antioxidants. Throw in four hours of water resistance and 72 hours of hydration, and you've got a recipe for good skin. £50, cultbeauty.com

BRILLIANT BARNETS Sure, we love the warm days and sitting out of an evening, but for many of us summer brings bad hair: frizz, wispy flyaways and spiky split ends. Enter Happy Endings Nourishing Balm, which is billed as the 'ultimate one-pump multitasker' by hair stylist Sam McKnight. Enjoy the benefits of all-day softness and control. £36, sammcknight.com

ADVERTISEMENT FEATURE

THIS WEEK WE LOVE

The ghd Pink Collection available now at John Lewis. Available in a new Orchid Pink shade for 2022, the latest limited-edition ghd Pink Collection has just launched in support of ghd's Breast Cancer campaign. The range includes two types of hair stylers, a hairdryer and a hot brush, and each product includes a helpful reminder to encourage you to self-check every month.

In support of ghd's Breast Cancer campaign, ghd will donate a total of £250,000 to help raise awareness and promote the importance of self-check.* To support this important cause, treat yourself to these super-cute products - we love the colourway! The ghd Pink Collection is available in selected stores, at johnlewis.com and via the John Lewis app.

ghd Pink Collection Glide Professional Hot Brush, £169, John Lewis & Partners

ghd Pink Collection Helios Hairdryer, £189, John Lewis & Partners

ghd Pink Collection Platinum+ Hair Styler, £229, John Lewis & Partners

ghd Pink Collection Gold Hair Styler, £179, John Lewis & Partners

*Donations to breast cancer charities will be from ghd directly to the charities, with 93% of the donation going to Breast Cancer Now and 7% of the donation going to The Irish Cancer Society. Purchase of ghd products will not impact the amount of the donation. For more ways to get involved, visit ghdhair.com/pink



SHOP THE COLLECTION NOW AT JOHN LEWIS