

# Claire's clothes clinic



Daily Express fashion expert CLAIRE BRAYFORD offers smart advice on all your style dilemmas

**Q** I would like to buy chic casual trousers. I find linen ones unflattering and I don't like wearing jeans. Is there an alternative or am I stuck with dresses and skirts this summer?  
*Laura, 46, London*

**A** Chinos are very much in vogue right now and I love their relaxed, effortless vibe. Being neutral and lightweight they can be so versatile for summer. You can sex them up with heels and even wear them to the office.

I know they used to have a boring, big-botted image but I think it's all about the attitude and the accessories you add.

On the catwalks Paul Smith, Ralph Lauren and Hermes all gave their own design twist to the trouser. Meanwhile on the high street Gap's new limited edition CFDA Design collection - a collaboration with hot new names such as Alexander Wang - has nailed the look in either tapered crops, straight-legs or shorts from £45 (0800 011 1427).

Take your cue from actress Katie Holmes and wear your chinos rolled at the hem with heels. And remember it's all about the fit, especially round the bottom.

If you are worried about your hips choose a straight leg - pleats optional.

For weekends chinos look great slouched with a pair of bright, classic Converse trainers and a loose T-shirt.

My favourites are by Acne (my-wardrobe.com), Cos (cosstores.com), Topshop (topshop.com) and Great Plains (020 7036 7200).

For holidays why not try some chino shorts from Boden (boden.co.uk) or Oasis (oasisstores.com), which both have great styles.

**FASHION FOOTNOTE:** Do you long for the day you can open your suitcase on holiday and find everything crease-free? If so, your prayers have been answered.

Travel Wardrobe Care has created the ultimate packing solutions including packing cubes, folding palettes, shoe bags and wet-bags designed to create an easy-to-access mini wardrobe within your suitcase.

The containers have see-through mesh so you can find everything at a glance and also have pretty pink satin-lined bases. From £5 (travelwardrobecare.co.uk)

## If you buy only one thing this week...

Silver leather tote, £99, Marks & Spencer (marksandspencer.com)

● E-mail your fashion dilemma to clothes.clinic@express.co.uk or write to Claire's Clothes Clinic, Express Yourself, 10 Lower Thames Street, London EC3R 6EN and include your name, age and phone number. Questions will be answered in this column. Claire cannot enter into personal correspondence.



## expressyourself

# The sun is one of my biggest vices



### LIFE CHOICES: TAMARA ECCLESTONE

The TV presenter, 24, lives in south London and is the eldest daughter of Formula 1 boss Bernie Ecclestone. Her mother Slavica is a former Armani model

#### FOOD

Always the same or always game? I'm really boring and always stick to the same food. In a restaurant I'd probably order a well-done steak. Everyone would tell me off for having it well done because it's the wrong way to eat your steak but I'm a creature of habit. I've never tried sushi - even though it's healthy - and I would never eat foie gras.

#### CLOTHES

M&S or D&G? Definitely both. I think it's boring to dress head-to-toe in designer clothes and I hate it when people know exactly what label you're wearing. I like Issa dresses and the American designer Rebecca Taylor does some great casual clothes. On a day-to-day basis I hate being dressed up. On the high street I particularly like French Connection and Topshop.

#### HOLIDAYS

Beach or piste? I've travelled so much because of all the Formula 1 races that when it comes to holidays I like to read a load of books, listen to my iPod and switch off. The sun is one of my biggest vices and I'm a massive sun worshipper. I love the Bahamas and Greece. I've spent a lot of time in Croatia because my mum's Croatian - it's such a beautiful country. I've skied since I could walk but given the choice I'd opt for the sun.

#### FITNESS

Jane Fonda or Jim Royle? I love going to the gym as it makes me feel better. I try to go three or four times a week. I also swim which I enjoy and walk my dogs.

#### FRIENDS

Quantity or quality? The older I get the more selective I am about whom I spend time with. I have a great friend I've known since the age of 10 and a handful of other good friends but I'd say my mum and sister Petra are my best friends.

#### PROPERTY

Urban chic or rural retreat? I am a real city girl. I live in London and we've never had a country house. It's the best place to live, easy to get around and such a great city to travel from.

#### DRINK

Beer or Bolli? I am teetotal these days so a Diet Coke is the extent of my partying. When I was younger I drank because I thought it was

cool but now I feel happy and comfortable enough to say I don't really like alcohol. It has so many calories anyway, I'd rather have a piece of cake.

#### HOUSEKEEPING

Aggie & Kim or Wayne & Waynetta? I'm very house-proud. I own three dogs so I'm constantly cleaning up after them and sweeping up dog hairs. I can't bear to see a mess and will always tidy up after myself. I wouldn't dream of leaving clothes lying about.

#### CARS

Boy racer or Sunday driver? Cars are in my blood so I have to say boy racer. I drive a Range Rover because it has plenty of room for the dogs, which I take to the park every day. Everyone tells me I drive like a man but I think when you drive in London you have to be quite aggressive and impatient behind the wheel.

#### ENTERTAINING

Intimate dinner or big bash? I like entertaining at home. Friends and family, a good meal, then watching a movie or playing cards or a game that ends in a good-natured argument - that's the sort of evening I really enjoy. You can never get a good conversation going at a party.

#### CHILDREN

Mary Poppins or Cruella De Vil? I love children but I'm not ready to have my own by any stretch of the imagination. Some of my friends have kids and I love to babysit and hang out with them but I like the fact I can hand them back at the end of the day. I would like my own one day.

#### APPROACH TO LIFE

Mañana or right now? I'm such a planner and blame my mum for that. She has always said: "Don't leave until tomorrow what you can do today," so I like to get things out of the way and then I sleep easier. My sister says I'm like Bree, the uptight character in Desperate Housewives. I can't be mañana about anything. If I owe someone money I have to pay them back there and then.

#### TECHNOLOGY

Gadget girl or technophobe? I'm a technophobe. I have a computer but I'm happier with a pen in my hand. I think it's so much nicer to write to someone. I'm old-fashioned and will write letters, thank-you notes and cards using my personalised stationery.

● Tamara supports Great Ormond Street Hospital Children's Charity and last night hosted the F1 Party, sponsored by Santander. For details of the charity visit gosh.org

DEANY JUDD

## expressyourself Father's Day special

# W

HILE the thought may initially conjure up some rather un-masculine mental images - think Les Dawson in a dress - make-up for men is now more common than you might realise. Last month even Prime Minister Gordon Brown was revealed to have a make-up routine that involves applying foundation and fake tan. However while those in the public eye may be forgiven for worrying about every wrinkle, can beauty products ever be acceptable to the average red-blooded male?

As I meet Lauren Smith, manager of the Clinique counter at Debenhams on London's

Oxford Street, I'm not entirely convinced. I may have experimented with eyeliner in my New Romantic youth but my last facial scrub involved crashing my Chopper bicycle into a wall of brambles in 1977.

However, it would appear that I'm in an ever-decreasing minority. Lauren explains: "A few years ago our male grooming products were bought mostly by women for their partners but now men are happy to buy them. Most start off using shaving products then move across to the skincare and cosmetics range. The first time I bought some for my dad he nearly fell off his chair." I know the feeling.

First Lauren determines my

skin type, pointing out some oiliness on my T-zone (which is the forehead, nose and chin and nothing to do with the dunking of biscuits), together with some dryness on my cheeks.

Apparently it is important for me to exfoliate my skin to get rid of dead cells and brighten my complexion. Other products will clean my skin in preparation for shaving, unblock pores and help to moisturise, alleviating shaving rashes. When I tell Lauren I normally wash my face with soap she looks at me as if I've just run over her dog.

That's just the start. There's also an anti-ageing moisturiser, a concealer called M Cover that hides blemishes and dark circles under the eyes and a product called

Non-Streak Bronzer (fake tan to you and me) that looks so scarily dark it should come in a tin marked Ronseal.

Before I can protest Lauren has started. Using a cotton ball she wipes something called Scruffing Lotion across my nose. Designed to lift off dead skin and unblock pores, it's hard to understand how such an innocent looking pink liquid can cause such pain. When I protest with a distinctly unmanly yelp, Lauren reassures me that the "sensation" I'm feeling shows the product is doing its job.

**N**EXT I kiss goodbye to any vestige of dignity as a moisturiser that resembles cold custard is smeared all over my face. Then comes an eye hydrator to reduce puffiness and a Deep Wrinkle Concentrate that goes on the laughter lines around my eyes and uses "light reflecting particles" to help fill out wrinkles. A concealer is dabbed on then Lauren mixes bronzer and

moisturiser together like Araldite before painting it on my face with a brush.

I reach for the mirror expecting to see Judith Chalmers and Dale Winton's love child but the reality is shocking. Though I'm embarrassed to admit it, I can tell my skin looks fresh, clean and much healthier. The similarly sceptical (male) photographer nods his approval.

The crucial test, however, comes when my wife Zoë doesn't bat a moisturised eyelid at my "new" face. When I ask how I'm looking she remembers where I've been and says she thought I was looking healthy and full of colour from a long run the previous day.

Otherwise she says she wouldn't have noticed - an important point for men concerned about using "make-up".

Fake tan may be a step too far for me but, whisper it, I confess there's no questioning the benefits of this regime. Expect sock and tie sales to be rather quiet this Father's Day.

● Clinique's Skin Supplies for Men: [cliniqueformen.co.uk](http://cliniqueformen.co.uk) or call 0870 034 2566.



Picture: JONATHAN BUCKMASTER

**BEST PROFILE:** Lauren gets to work on cleaning up Nat Barnes's skin

## Grooming

Words: MERNIE GILMORE  
Pictures: CAROLINE LEEMING



Brut After Shave and Deodorant, £6.99 (0800 585 204)

This classic fragrance celebrates its 45th birthday this year. This set contains the distinctive after shave and matching deodorant.



Botanics Men's Body Kit, £7.83 (0845 070 8090)

This trio from the natural skincare brand is great value. Contains hair and body wash, deodorant and a light but effective body moisturiser.

Acqua di Parma Grooming Set, £66.55 (01932 233 861)  
Washbag containing shaving cream, moisturising balm and a bottle of Acqua di Parma cologne from the luxurious Italian fragrance house.



American Crew Tea Tree Trio Gift Set, £14.95 (01282 613 413)

Oily hair or spot-prone skin will benefit from the antibacterial tea tree oil in this shampoo, body wash and styling cream.

## Daddy cool

This Sunday treat your father to a gorgeous grooming kit

Clinique Skin Supplies for Men Home & Away Shave Set, £34.26 (0870 034 2566)  
Contains three of Clinique's top shaving products - Aloe Gel, Face Scrub and Post Shave Healer - in regular and travel sizes.



King of Shaves Travel Kit, £34.99 (0800 083 8416)

Perfect for dad's summer hols, it contains shaving gel, face balm and a razor.



Aramis Tuscany Per Uomo, £45 (0870 034 2566)

Eau de Toilette and After Shave Balm  
This blend of lemon, lime and lavender has been a hit for nearly 25 years. The kit will leave your dad smelling sweet.

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