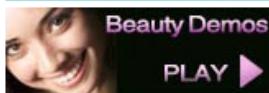


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Rule 4: Invest in mineral make-up



Revlon Colorstay Mineral Foundation, £12.99, available from February, this is the first long-wearing mineral base that will stay put for up to 16 hours (call 0800 085 2716).

Mineral make-up is great for sensitive skins. Free of chemicals, dyes or irritants normally found in modern make-up, their fine ingredients actually care for the skin.



Bare Escentuals Precious Diamonds Body Minerals, £40 from QVC, is a great bronzing powder for 'little black dress' events.



FreshMinerals Eye Shadow Dust, £9 (call 0845 644 3994 for stockists), can be applied wet or dry.