



HAPPINESS...

HELLO! has teamed up with Escada to discover what makes you happy. Visit hellomagazine.com or tweet #hellohappiness and share your secrets for the chance to win the latest **Especially Escada Elixir Eau de Parfum** (left).



Success...

My big "yes" moment has been mastering my own blow dry, so that it looks like I've come straight from the salon. If you want to blow like a pro the new generation of clever heated brush/roller dryers are an essential tool. My favourite is the **BabyLiss New Big Hair**, £44.99. This two-speed rotating boar and nylon bristle 50mm brush will dry and style wet hair and is the next best thing to having your own hairdresser at home. And for the perfect soft control blow-dry spray, try **Kerastase Spray à Porter**, £23. It gives an on-trend, demi-matte finish and just a little holding power.

BEAUTY

THE BIG FOUR

Want to live a beautiful life? Health, happiness, liberation and success are the keys, and our beauty editor Nadine Baggott has the inside track on each

Health...

Research has shown that white teeth and a healthy smile are seen as an outward sign of inner health. But what if you're not blessed with naturally white teeth? Easy, just fake them with the latest teeth-whitening stickers and a blush-coloured lipstick. **Rapid White Express Max**, £22.99, are dissolving teeth whitening strips that can be used twice a day. Team these with my three favourite just-bitten, healthy lip colours for an instant winning smile. **Bourjois Colourboost Lip Crayon in Red Sunrise**, £7.99
Dior Jelly Lip Pen in Gaia, £19
Clinique Chubby Stick in Two Ton Tomato, £17



LIBERATION...

If you were freed from all of your chores, worries and responsibilities for a day, what would you do? Tanning brand **Vita Liberata** is asking just that and offering you the chance to make your dreams come true in an online competition. I'm one of the judges, along with psychologist Corinne Sweet, Vita Liberata founder Alyson Hogg and the gorgeous Kelly Brook, who has shared her own dream day. "It's a day at the beach with a barbecue, surrounded by the people I love – friends and family," she says.

For your chance to win, visit liberationdayiscoming.com and write 200 words each on your typical day and your dream day.



Fellow judges Nadine (left) and Kelly Brook want to hear about your perfect day