

# How to be a better you IN 2013

New year, NEW YOU. Here's how to become the best you can be BY JO USMAR

**Y**ou're a grown-up lady. But even us grown-up ladies can benefit from a bit of guidance in answering those age-old questions that *surely* we should have cracked by now.

Questions like: How do you *actually* open a bottle of champers? How can

## BE A WHIZZ WITH FIZZ

Drinks expert Nina Caplan explains how to open a bottle of bubbly without taking out someone's eye with the cork or, more importantly, losing any of the drink.

- ✦ Remove the foil around the cork.
- ✦ Point the cork in a safe direction, ie not at anybody else's face or your fine china.
- ✦ Untwist the coil and gently remove the wire cage.
- ✦ Take a firm hold of the cork in one hand, and the neck of the bottle in the other.
- ✦ Turn the neck, and not the cork, slowly and gently.
- ✦ The cork should ease out without any liquid spraying out.
- ✦ Smugly pour into flutes, which should be held at a slant to prevent excess frothing.



you walk in heels as well as Victoria Beckham wears her Louboutins? When should you give a tip? And how do you avoid a social-networking Twit-astrophe?

As the new year rolls in, we've asked the great and the good to settle the score for us, once and for all, and answer some of those niggling life dilemmas.

## ACE YOUR FACE

Celeb make-up artist Aimee Adams tells you how to fake flawless, because foundation alone just won't cut it.

**PREP** Moisturise, then use a primer to cover pores and even out skin tone, especially on oily areas. Applied all over face and eyelids, it's your security blanket – it'll ensure your make-up can cling on all day long.

**COVER UP** Apply concealer by an open window, so you can clearly see the naturally darker bits of skin, then blend into your foundation.

**GET SET** Use a loose finishing powder with a fluffy brush to lock your look in place. Ditch excess product and avoid a cakey look by bouncing the brush loaded with product against the back of your hand before dusting it on.

## ROCK A HEEL LIKE VICTORIA BECKHAM

Posh makes strutting on 5in spikes look as easy as wearing Uggs. But you don't need to be VB to look hot in heels.

**SPRAY AWAY** Spritz your feet with deodorant as any moisture can make leather chafe.

**WALK RIGHT** Take small, steady steps and bend your knees a little more than normal, as heels shorten your stride.





## BECOME A TWITTER PRO

The social-networking phenomenon is here to stay!

Susie Bulman, owner of Think

Social Business says: "You'll have the low-down on both major news events and celeb gossip." Here's how to meet the tweet revolution head-on.

**TAKE IT SLOW** If you want to give Twitter a go, but aren't sure what to tweet, then just sign up and follow people you're interested in to learn how it works and get inspired.

**FOLLOW THE LEADER** The easiest way to get new followers is to follow others. And while it's a good way to build up contacts, you don't *have* to follow back all your followers.

**WHAT TO TWEET** Keep your tweets easy to read (not too many hashtags) and make sure they're a good mix of funny and informative.

**EGO BOOSTS** Massage someone's ego by tweeting them and you can bet they'll pay you attention back.

**WORK IT** Twitter is basically a free advertising board. You can gain more professional contacts and promote your business. It's not just about celeb gossip. Well, sometimes it isn't.

## THE TIPPING POINT

Tipping is a funny business. Tip too much and you'll feel like the lady of the manor, too little and you'll feel like Scrooge. "Brits have a terrible reputation as lousy tipplers, particularly in America where not leaving a 'gratuity' is considered an affront," says Kristian Dando, editor of *Covered*. So what are the rules?

First, don't feel pressurised to tip if you've had bad service. "If you have received good service, tip 10-15 per cent. Do check you're not paying twice, though – many restaurants add an automatic gratuity to the bill," he advises.

Etiquette expert William Hanson agrees. "A tip is not compulsory. Use your common sense to decide if it's appropriate. For example, if you go to a high-end hairdresser's, there is no need to tip if you see the owner of the salon, as they are directly given the money you've paid for your cut and colour. However, tipping the girl who washes your hair £1 or so is good practice. At a hotel a porter should get £1 per case, and tip doormen £1, but only when they have got you a taxi."

## 'Massage EGOS on TWITTER to get MORE followers'

### HAGGLE ON THE HIGH STREET

Why save your haggling skills for foreign bazaars? A recent survey found many UK high-street retailers were willing to knock down prices when customers were brave enough to ask\*. 77.8 per cent of people who haggled at B&Q were successful, while 63.4 per cent walked away with a deal at John Lewis, and 53.4 per cent at Debenhams. Kristian tells you how to become a master blagger.

**STAY CALM** If you flap about, peppering sentences with: "Ums" and: "Ahs", you won't get very far.

**PICK YOUR PRODUCT** Electrical goods (especially if they're display models), end-of-season clothes and even things like mobile phone contracts are worth haggling over, as the shop assistants are often given some negotiation room to secure sales. Don't hold out much hope in

supermarkets – your local one is almost certainly never going to give you a discount on your food shop.

**KNOW THE MARKET** There's no set amount to haggle to. Keep an open mind and check if what you're after is on sale at a better price elsewhere and tell the retailer you're haggling with. In some cases, you'll at least get a price match.

**CLOCK WATCH** Going hunting for a bargain first thing on a Saturday morning isn't the best idea. Try closing time on Sunday, when sales assistants are itching to get a commission and out the door.

**PLAY GOOD COP BAD COP** Bring a friend who can tut about how expensive something is while you appear willing.

**PICK YOUR TARGET** Make sure you're talking to the right person! You can have ace negotiating skills, but if you're talking to someone who is genuinely powerless to offer a discount, you'll get nowhere. **f**

**WEAR THICKER HEELS** Stilettoes put pressure on the balls of your feet, but wide heels distribute your weight more evenly.

**STRETCH** If you've worn heels for years, your Achilles tendon, which runs from the heel to your calf, may have shrunk, making it painful to walk. Stretch it out by standing on the edge of a step and slowly lower both heels down. Reverse to stand on your tip toes, and repeat a few times.