

## Dr Feelgood: Has mascara had its day?

Your weekly health and beauty check-up

*Sunday, 23 November 2008*

### **Under the microscope: Eyelash extensions, around £250**

**In theory:** Xtreme Lashes are individual synthetic eyelashes curved to replicate a natural eyelash. Bonded to natural eyelashes with glue one extension at a time to lengthen and add fullness, they last up to two months, giving the wearer the look of mascara without any of the effort involved in applying and removing, and without any tell-tale smudges.

**In practice:** In a lengthy application, Dr F's therapist ([www.richardward.co.uk](http://www.richardward.co.uk)) painstakingly bonded individual lashes of differing lengths to create a natural look. More than two hours with one's eyes taped shut is not particularly pleasant, so take an iPod for distraction. Once on, you'll need to take good care of your lashes if you want them to last, which means no rubbing your eyes, no oily cleansers, and regular combing.

**Observations:** The effect of any false lashes is startling – longer, thicker lashes basically make everyone prettier – but proper extensions are in a different league. The look is not artificially dramatic, you will simply look as if you have perfectly applied mascara round the clock. The day after having her extensions applied, a passing builder complimented Dr F on her "lovely eyes" – now how often does that happen?

**Analysis:** Eyelash extensions are the crack cocaine of the beauty world – once you've tried them it's hard to imagine how you could ever have been satisfied with plain old mascara. You will look significantly better with less effort on a daily basis. However, as with nail extensions, Dr F is a teeny bit worried that this may not be the best thing for the healthy growth of your own lashes.

**Prescription:** This is perfect as a one-off for a special occasion or beach holiday, but those whose pockets aren't too deep be warned – you may find this a hard habit to kick once you start.

**Further experiments:** EF Medispa's couture eyelash extensions are gaining a cult following ([www.efmedispa.com](http://www.efmedispa.com)) but if you can't splash out and want a damn good mascara, nothing beats YSL Effet Faux Cils (£20, [www.ysl-parfums.com](http://www.ysl-parfums.com)).

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