

**Zest  
TESTS**

# Lash-boosting mascaras

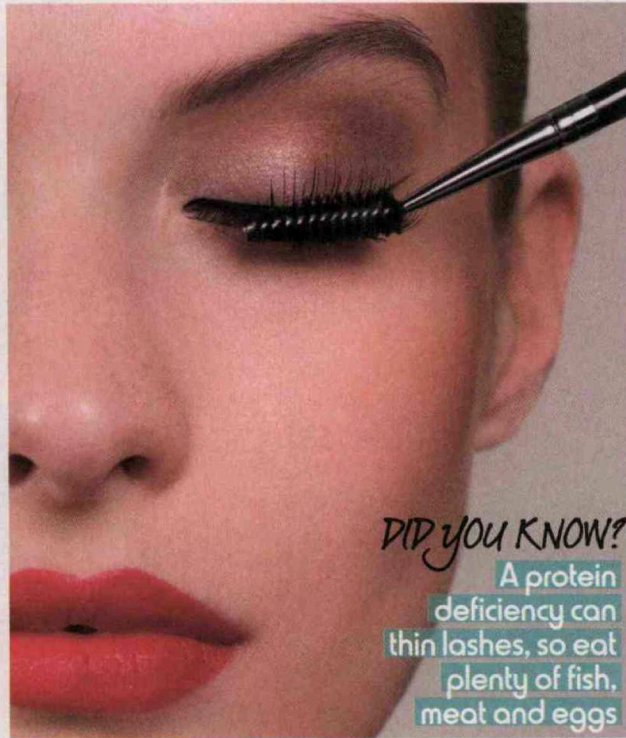
We rate the latest formulas for sport, sensitive eyes or just a naturally fuller flutter

**WATERPROOF  
MODELS OWN  
HI-DEFINER ULTRA-  
WATERPROOF  
MASCARA, £6**

'I work out regularly so a mascara that stays put is essential. I tried this one out in a particularly sweaty high-impact aerobics class and it didn't budge initially. However I did notice smudging afterwards. As a result, I wouldn't be confident wearing it in the pool, although it did look great on my lashes.'

**ZEST RATED**

★★★★☆



**DID YOU KNOW?**

A protein deficiency can thin lashes, so eat plenty of fish, meat and eggs

**GROWING SERUM  
RAPIDLASH EYELASH  
ENHANCING SERUM,  
£39.99**

'After losing my lashes during a course of chemo, I'd say I was probably the perfect candidate to try this lash-enhancing serum. I was sceptical – but was completely blown away by the results. After three months of applying nightly (missing one night can undo all your hard work apparently) my lashes were literally tickling my eyebrows. Amazing!'

**ZEST RATED**

★★★★★



**EYE-COLOUR ENHANCING  
L'OREAL PARIS VOLUME  
MILLION LASHES  
LUMINIZER, £11.22**

'I love the idea of this mascara – it comes in different shades that contain coloured pigments to bring out your eye colour. I tried a black with subtle shades of khaki and jade to enhance my green eyes. My fiancé commented on how pretty it made my eyes look. Plus, it went on really well, too. I think this might be my new secret weapon.'

**ZEST RATED**

★★★★★



**SENSITIVE  
NO7 EXTREME LENGTH  
SENSITIVE  
MASCARA, £12.50**

'Mascara can make my sensitive eyes sting or water, especially with contact lenses, but this was really comfortable. It coated and separated every lash well and is perfect for a natural daytime look.'

**ZEST RATED**

★★★★☆



**FALSE-LASH EFFECT  
MODEL CO FIBRE LASH  
BRUSH ON FALSE  
LASHES, £35**

'It's claimed this product is like "instant lash extensions". But it was a bit of a faff to put on, although the end result was impressive, and it's great for a big night out.'

**ZEST RATED**

★★★★☆



**LASH ENHANCING  
REVLON GROW  
LUSCIOUS PLUMPING  
MASCARA, £9.99**

'I don't have time to use a lash thickening serum every night so was intrigued by this mascara which contains lash-enhancing phyto-peptides that boost your natural growth cycle. While it did make my lashes look fabulous, I didn't notice they'd become longer, although I may need to use it for longer. It also shed fibres into my eyes.'

**ZEST RATED**

★★★★☆



## 3 STEPS TO HEALTHIER LASHES...

**1 OIL UP** 'Castor oil is an age-old natural remedy that can be massaged into your lashes to help keep them moisturised, full and supple,' says celebrity make-up artist Tara Templeton. Applying Vaseline nightly can also help to prevent them becoming brittle.

**2 BE KIND WITH YOUR CURLERS** 'Avoid using lash curlers every day – they can snap the tips off your lashes,' says Tara. And don't forget to replace their pads and clean them to ensure your lashes don't stick or tear. Save false lashes for special occasions, too.

**3 REMOVE THE RIGHT WAY** Use an effective eye make-up remover rather than just rubbing which can damage your lashes. Look out for one that also nourishes your lashes, such as Talika Gentle Eye Cleanser, £15, available from Space NK.

