

How to...

...look good on a bike

Cycle Chic, a website combining style and fashion with the humble bicycle, has spread across the world since it began in Copenhagen five years ago, documenting the unique cyclists who brighten up our cities. Alastair Baglee, pictured, from Cardiff Cycle Chic, which started last autumn and has now photographed more than 100 cyclists in the capital, shares his tips for joining the cycle style set.



1. Get the bike right

Forget the sports marketing – it's now cool to ride a traditional English or Dutch 'sit up and beg' bicycle.

With a chain guard and mudguards, upright riding position and 'normal-shoe' friendly flat pedals, these bikes can get you to work or the shops without oil-coated clothes.

We're lucky in Cardiff that there are a few groups that collect unwanted bicycles, tune them up and sell them cheaply: try Cardiff Cycle Workshop or Punk Bikes in Roath.

2. Look to Amsterdam

Or Copenhagen and see how much people just wear normal clothes to ride their bicycles. What we wear on a bike is cultural, so why not break the mold?

With the right bicycle, you can wear your normal clothes. Even wearing a suit is possible.

3. Do fashion high-vis

Why bother with a builder's high visibility vest when you could be wearing a bright Macintosh or raincoat that's fashionable, practical and still highly visible.

There are even fashionable coats specifically designed for cycling – turn up the collar and there's the reflective material.

4. Wet weather footwear

Forget cycling shoes and covers. Short wellies are perfect with your heels



safely stowed away in your bicycle's wicker basket or panniers.

5. Cycling capes are back

In the US there are some amazing innovations in capes – and soon they'll be cool here as the poncho look ripples through the high street.

Watch this space.

6. Helmets

There are some great helmets that look like real hats rather than something worn by a Tour de France racer. Try www.yakkay.com

7. Scarves are great

Whether in the summer or winter, they can shield your neck and face from the extremes of our weather.

8. Bike jeans

There are some amazing bicycle clothing makers that don't make you look like a sports cyclist. Even global brands like Levi's are catching on and doing bicycle specific jeans.

9. Gloves can make a real difference

Fingerless long woollen mittens have been a staple of Cardiff's chic cyclists this winter for good reason. As you reach forward to hold your handlebars your sleeves rise and long gloves fill the gap. Perfect!

10. Get the look

Leather jackets and vintage clothing can be hip and very practical for bicycle riding.

And for the brave, a little tweed doesn't harm.

■ **Cardiff Cycle Chic** is organising the Welsh premiere of new film **Bill Cunningham New York**, which follows bicycle-riding New York Times photographer and society chronicler Cunningham – it won Best Documentary at the Glasgow Film Festival. The premiere for invited guests is at Chapter Arts Centre, Cardiff, on Monday at 6.15pm, with showings from next Tuesday to Friday. For tickets, go to www.chapter.org or contact 029 2030 4400.

We try you buy

MAKING SURE YOU DON'T SHELL OUT FOR ANYTHING LESS THAN THE BEST

This week... Spring skin treats

■ **Yardley Peony Moisturising Body Lotion, £4.50, www.yardleylondon.co.uk**

This is like a burst of early summer sunshine and I love the revamped hot pink bottle.

The delicate fragrance of peony is lovely and light and the lotion itself absorbs quickly and thoroughly and left my skin moisturised throughout the day.

I really like everything about this body lotion. **AY**



■ **L'Occitane Ultra Gentle Moisturiser, £24, uk.loccitane.com**

This hypoallergenic and fragrance-free moisturiser contains 8% shea butter plus liquorice extract for soothing qualities.

It is really light and kind on the skin. Its texture means it absorbs easily and because it is non-greasy, I found it great under foundation or alone.

It is a great day to day moisturiser but if you want something a bit richer, they also do Protective Cream with 15% shea butter and an SPF of 20. **MoR**



■ **Dr Andrew Weil for Origins – Mega-Bright Skin tone correcting serum, £42, www.origins.co.uk**

The texture was very light and my skin drank it up straight away and was soothing.

After four weeks, my skin does appear smoother, clearer and little blemish marks have faded slightly.

First thing in the morning, my skin looks fresher and brighter. It's quite dry and the serum sinks in straight away, leaving a slight sheen, which makes it look healthier immediately. **EB**



Is this the most expensive haircut in Wales – and is it worth it?

WM editor Claire Rees had a hair makeover from Kerton Smith's Darryl Smith, who charges clients £100 a pop

WOULD you pay £100 for a haircut?

Darryl Smith, director at Kerton Smith in Cardiff, has just upped his prices to make him what he says is the most expensive stylist in Wales.

"What makes us worth it? We listen," says Darryl, 41, who has been hairdressing for 25 years and opened the salon three years ago.

"Some hairdressers charge the same price for years, but you pay for quality."

Darryl, originally from Aberfan, has worked at Cardiff's St David's Hotel and Spa, and cut hair for TV comic Catherine Tate and pop legend Grace Jones – she was in the bathroom singing Slave to the Rhythm and drinking champagne as he worked the comb.

While a ladies cut and finish at his salon on Clive Road in Canton starts at £42.50, with former British Hairdresser of the Year finalist Darryl it will cost £100 on your first visit, and £90 after. "The first consultation will take a long time," he says. "It's only fair they pay more than an existing customer."

So WM went along to find out what you get for your money ...

The welcome

A friendly receptionist greeted me and though the salon is ultra sleek (all white, with lit-up glass cabinets displaying their La Biosthetique products) it was welcoming, as was the waiting area, with plush white leather sofa.

The consultation

"I can't make you look like Cheryl Cole," said Darryl, who said on a scale of 1-10 for indecisiveness, I was about a five.

"Changing your hair is a big deal – so the consultation is a huge part of the appointment."

Mine lasted around 45 minutes, while Darryl sat down next to me so I could talk to him and not the mirror, which felt more comfortable.

Extras

There was no wine – Darryl says he's asked his clients and most drive to their appointment so don't want it. You can have cappuccino, water or a calming mineral tea, instead.

As part of the team's La Biosthetique training, you do get a scalp consultation – better than a pinot, right?

Some people might be embarrassed to hear they have a bit of dandruff, I think there are more important things to get upset about and welcomed knowing.

"It's not about embarrassing



■ Claire Rees with long hair, left



people. It's about educating them to get to know their hair and scalp," said Darryl, who added my dry scalp was down to washing my hair every day, working in an air-conditioned office and too much dry shampoo.

Small talk

The salon prides itself on its "quiet, understated elegance", and there wasn't much time for chat as the cut itself was quick. I grilled Darryl on any celeb clients and he said: "I'm not really interested in celebrities. They pay the same money." He's straight-talking, handy for indecisive customers like me. "It's only hair," he reminded me. "And what you have now is just long hair. It's nice, but it could be a lot more interesting."

The cut

Took around 10-15 minutes. I went for a long, graduated bob, with temporary copper hair extensions (which cost extra) at the front to achieve the body I wanted as I didn't want to wait to grow out my fringe. I'm impatient so I chose the bright copper as they didn't have a shade to match my own, though I could have come back. Darryl said it would make a great change and I was feeling adventurous.

Value for money

In my opinion, £100 is a lot to pay. Most top hair directors in Cardiff will charge around £75. Having said that, I was happy with what I got and I liked how realistic Darryl was. "I'd rather turn away custom than promise something and disappoint," he said. "If someone says they got exactly what they wanted from a salon trip, I'd be wary. It suggests the stylist may have not have taken into account hair type and face shape."

Final result

I left the salon with a lovely, shiny, bouncy bob, a bit Katy Perry-like so friends reckon.

Darryl didn't go overboard with the styling products and so my style lasted all weekend without needing a shampoo, and still needs less washing a week later. And while I'm going to have the extensions removed, I'm in love with the cut.

■ **Kerton Smith**
www.kertonsmith.com,
029 2066 7500.

Beauty News

By request

For the first time, MAC are producing a limited collection created by fans of a selection of 18 of the brand's most-requested cult classics and iconic products. From the fluorescent pink Candy Yum Yum Lipstick (their best-selling shade last year, pictured) to the Emancipation Lip Glass from their Wonder Woman collection, the three shades with the highest number of votes from the Lipstick, Lipglass, and Eye Shadow categories will form the M-A-C by Request collection that will be made available in October 2012 online at www.maccosmetics.co.uk. You can vote from now until March 30.



Brighten up

Sisley have just launched this lovely new Highlighter Blush. Palette L'Orchidee contains extract of White Lily to soften the skin so you can sculpt the face and illuminate the complexion. It comes with the iconic flower stamp, and three peachy-pink shades and costs £60 from House of Fraser, Cardiff. www.hof.co.uk



Summer prep

Orange, lemon, lavender, peppermint, wheat germ and jojoba oil all combine to detoxify, warm and stimulate as they work on the appearance of cellulite in Lubatti's new Anti Cellulite Oil. Just warm in your hands and apply to areas of the body most needing attention, massaging into damp skin with upward circular movements. It's £38 from www.lubatti.com



WE ASK THE WOMEN OF WALES WHICH PRIZE POSSESSIONS THEY TREASURE MOST



This week: Jan Wilkins is the managing director at Creative Risk Solutions. She is 60 and lives in Vale of Glamorgan

■ I love to keep fit and for many years I've gone running with my friends early in the morning around the lanes of the Vale. No matter what the weather is or the time of year, we are out there, waking up the neighbours with our chatting and giggles. ■ From the sound of the popping cork to the beautiful pink bubbles, pink champagne is definitely for sharing with friends. It always brings a smile to my face and it normally means I'm somewhere with a fun atmosphere.



■ I love to look back at photographs – they evoke wonderful memories of holidays, friends and events. I still

prefer real photographs over shoots on a computer as you can physically turn over the pages and relive past moments. ■ Given half a chance I would be a chocoholic. However I do try to limit what

I eat these days. There's nothing better than curling up to watch a good film with a large bar of Cadbury Dairy Milk. ■ For the past three years I've been fortunate to drive a Mercedes SLK. It has always been the car of my dreams and even now driving it makes me happy. I still get the same enjoyment I had when I drove it for the first time.



I can't live without...