



## Fashion & Beauty

### Beauty notebook by Kate Shapland

#### OF FOCUS

Annie Leibovitz came  
\$24 million in debt

#### N FOR BUSINESS

se your favourites for  
ear's Telegraph  
zine Shop Awards

#### OF THOUSANDS

g the secret life  
zania's flamingos

## TASTE OF ITALY

sive recipes from the new River Café cookbook  
th Rogers and Rose Gray

**THE EXPERT SECRET FOOD THAT HELPS SKIN** The nutritionist Karen Fischer believes conditions such as acne and eczema may be alleviated via a balanced acid/alkaline diet, which she advocates in her book *The Healthy Skin Diet* (Rodale, £12.99). A holistic approach can help skin: silica, zinc and omega-3 oils work from inside to make skin vital, so eat or supplement to get your fill. Nutraceuticals – beauty-boosting foods – make good-skin diets yummier. **Eat Yourself Beautiful Collagen Marshmallows** supplement the natural collagen that keeps skin springy. £9.99 for three packets, eatyourselfbeautiful.com. **BeautyScoop** Full of peptides, lipids and antioxidants, this swept across America after 86 per cent of women who tried it reported skin improvements. £130 for 21 sachets, harveynichols.com.



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