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IT'S time to shape up for the Spring Racing Carnival. The horses might be away (in Queensland anyway), but that doesn't mean we can't play at a host of Melbourne Cup events.

So, you've opted for one of those oversized hats this year. That doesn't mean you should neglect your locks. Give your hair a facelift with Play Therapy (\$19.95), a formulation of silk protein and vitamin B5, and detangle and strengthen it with Play Free (\$16.95). Available from selected salons. For stockists call 1800 624 247.

You'll be showing off a lot of skin in that strappy spring dress, so don't forget to prep and preen it beforehand. Natio has released a Wellness range featuring a Shower & Bath Gel (\$11.95) and Body Gloss (\$16.95) for glowing skin. Stimulate your skin with the Shower & Bath Gel's blend of anti-oxidant-rich pomegranate and geranium and then nourish and illuminate it with the rich and silky Body Gloss, containing aloe vera and vitamin E. The Body Gloss is quite hard to spread, so don't be in a hurry to put it on. Available at Myer, David Jones and pharmacies. For stockists call (03) 9415 9911.

Co-ordinate your nail and lip colour to match your race-day outfit with Napoleon's new Chandelier Shine Nail Polish and Lipgloss Pack (\$30). The packs come in a wide

range of colour combinations, including French Pink and Moroccan Velvet. Pick up a pack from any Napoleon Perdis store before Sunday and enter the draw to win a shopping trip to Hong Kong. Available now at Napoleon Perdis stores, David Jones and selected independent stockists. For stockists call 1800 814 572.

Ditch the less is more approach this Spring Racing Carnival and keep it feminine, but traditional. There's nothing worse than showing what you shouldn't so stock up on Statique Glamour Tape (\$10.95) before the big day. This double-sided clothing tape sticks to your skin and fabric to keep clothing in place, hide bra straps, secure necklines and eliminate nasty gapes. Available now in Woolworths and selected pharmacies. For stockists call (03) 9706 4913.

Protect your precious heels with Heel Angels (\$9.95 for a six-pack). These transparent, electrostatic PVC strips help to protect shoe heels from scuffs, scratches and stains. Available online at www.heelangels.com.

MIMCO, in conjunction with MAC make-up and ghd hair, is offering complimentary style sessions on how to co-ordinate hair, make-up and accessories on race days. The Brisbane workshop will take place tomorrow at Mimco in QueensPlaza. Sign up at mimco.com.au for information on session times.