

**BEST VALUE! ONLY £2.90**

SEPTEMBER 2011  
£2.90

# essentials

## New season hotlist

- ✓ What to buy ✓ How to wear it
- ✓ Fashion that works for you

**WIN!** TOP 60 FASHION, BEAUTY & HOME BUYS

### Fast fix beauty

Know-how you need to look gorgeously groomed

# 337 CLEVER IDEAS

TRY IT NOW!

## MAKE EVERY DAY SIMPLER HAPPIER STYLISH

*& more fun!*

**READER COVER STAR**  
'The new trends are so easy to wear'  
ALEXA FROM LONDON

- Make time for you...*
- ✿ NEVER GET SICK AGAIN!
  - ✿ START A LITTLE BUSINESS!
  - ✿ PLAN A MINI BREAK!

### More space less clutter Best new buys & tips

**A BIKINI BODY  
ALL YEAR ROUND?**  
Try our new  
eating plan

32 PAGE  
MAGAZINE  
*Make it  
easy!*  
Inside...



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**WIN!** £3,000 HOLIDAY FOR FOUR TO MALLORCA

Make it easy!

**2** step-by-step to perfect tanning  
 To get a healthy glow, start with a facial  
 to remove dead skin. Use a gentle scrub  
 to exfoliate. Then apply a tanning lotion  
 to your face and neck. Use a tanning  
 mitt to apply the lotion to your arms  
 and legs. Reapply every 2-3 hours.  
 To avoid a tan line, use a tanning  
 brush to apply the lotion to your  
 hair. To avoid a tan line, use a tanning  
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 hair.

**5 STEPS TO SEXIER BROWS**

- How do you get those perfect brows without waxing or tweezing? Here's a guide by make-up artist Tracy Chander.
- Use a highlight with a magnifying mirror and a good pair of tweezers.
- Your brows should start from the inner corner of your eyes, with a slight arch towards the end of the eye along and taper towards temples.
- Always pluck from below your brows and don't over-pluck.
- Define your brows by brushing in a powder shadow two shades darker than your hair colour.
- Finish with a bit of eye-liner gel.

**4** ways to wear the colour that suits YOU

Ever wondered why certain colours make you look like the living dead? This is what Jules Standish, author of *How Not To Wear Black and Discover Your True Colours*, has to say

**COOL SKIN TYPES** Your skin has pinky undertones, and you can be divided into two groups: summer and winter.

- ◆ **Summer complexions** tend to be light and colourless and suit cool pastels, purple, off-white, greys and blues.
- ◆ **Winter complexions** have light skin and dark hair. They can wear black close to the face, electric blue, fuchsia pink, emerald green, burgundy and white.

**WARM SKIN TYPES** Your skin has yellow or bronze undertones, and you can be divided into spring and autumn.

- ◆ **Spring complexions** have yellow undertones and suit yellow, lime green, coral, turquoise, red, grey and blue.
- ◆ **Autumn complexions** have bronzer undertones and suit muted shades like olive, burnt orange, caramel and teal.

**4** WAYS TO SEEM CONFIDENT... WHEN YOU'RE REALLY NOT!

- Speak slowly and clearly and pause before you answer. This will give the impression you're in control.
- Taking control of a group of people means something to hold – open, for example. It keeps your arms from wandering about.
- Making eye contact is crucial. Focus on the most approachable-looking person there, and smile.
- Anchor your shoulders down – you'll look totally relaxed.

**4** WAYS TO CHOOSE THE RIGHT COLOUR SCHEME

- Blue-based pastels look great in the city, but make your room more than that. Here's how to get it right.
- North-facing rooms suit pale pinks and greys. Warmer neutrals work well, too, but not grey – unless you want a subtle blue effect.
  - South-facing rooms suit reds and oranges, or go for green or blue. Lay off white – too dazzling.
  - East-facing rooms have a bluish light or dusk-egg blue look during the day.
  - Green neutrals work well in west-facing rooms. Blue looks good, too.

**7** ways to keep your clothes looking good

- **GET UNWASHABLE CLOTHES BACK TO LIFE** Wash the clothes with warm water, add lots of hot conditioner, and leave the clothes to soak overnight. Then gently rub some clothes together, and repeat if necessary.
- **BLACK TROUSERS TANGLE** After washing, add a cup of strong coffee to the wash cycle. It works!
- **REPAIR YOUR SHOES** Wash shoes as much as you can with cold water and soap. Then dunk in soapy water.
- **SHIRT WASH** In your sink, don't let the shirt soak. Wash with water and some vinegar. Let it sit. After 10 minutes, slowly pour boiling water over the shirt.
- **SHRIMP SUCKE SWEETS** To brushing with white vinegar gets them looking like new. Wash with water for 10 minutes.
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