

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...



**44 new
recipes**
FAMILY DINNERS
QUICK & HEALTHY



LOW-CAL INDIAN
Mmmm! TUCK IN



BAKING TREATS
TIME TO INDULGE



MODERN CRAFTS
GIVE THEM A GO!



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 tanning lotion that has the perfect blend of oils and vitamins. Then, apply the lotion to your skin in a circular motion, starting from your neck and working your way down. Don't forget to tangle your hair, and don't forget to wear a hat and sunglasses to protect your skin from the sun's rays.

5 STEPS TO SEXIER BROWS

- How do you get those perfect brows and hair rather than a messy, overplucked mess? Here's a guide to make up artist Trish Chandler.
- 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 and focus on the most approachable-looking person there, and smile.
- Arching your shoulders down – you 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 yellows 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 YOURSELF ORGANISED** – Store half the clothes with your water, and half of your conditioner, and have the amount to wash overnight. This gently softens clothes.
- **BLACK TROUSERS TREATMENT** – After washing, add a cup of strong coffee to the rinse cycle. It works!
- **PREVENTING STAINS** – Rinse as much as you can with cold water and soap. Then launder as usual.
- **RED WINE** – In your wine, don't take to remove stains, cover with water and pour a little of salt. After salt turns pink, slowly pour boiling water over the stain.
- **SHRIMP TAILOR TIPS** – To brushing with a little white soap. Then hold over a steamy kettle for a few seconds. Brush with water to wash after dry.
- **REMOVING SMELLS** – If all your clothes by dipping in a bucket of water with 5-6 cups of white vinegar. After a couple of hours, they'll be doing fine.
- **THE SPARKLING WHITE** – Wash everything in the machine with a cup of bicarbonate soda removed, and pour about a quarter cup the machine full. Then turn off and leave overnight. In the morning, run the cycle where you left off.