

ALL YOU NEED TO LOOK AND FEEL YOUR BEST

zest

25% OFF DESIGNER SPORTSWEAR - see page 124

Your best-ever bikini body!
10 FASTEST WAYS TO SHED FAT

CHOOSE HAPPINESS NOW!
Your personal get-positive plan is on page 56

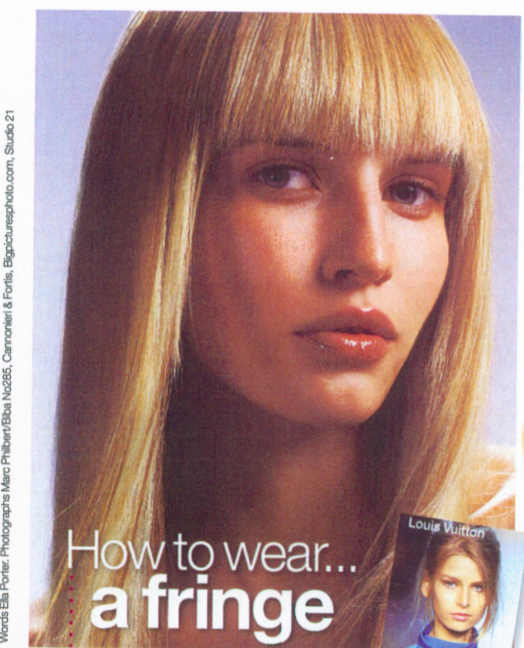
Tanning: the good news (YES YOU CAN SUNBATHE)

CELEB FITNESS SPECIAL
TV babes battle it out on the treadmill

THE TOP 50 SPA PRODUCTS, TRENDS, TREATMENTS

Glow and GET THAT HOLIDAY

June £2.80
www.zest.co.uk



Words: Ella Porter. Photographs: Marc Philibert/Biba N2285, Cannonref & Foris, Bigpicturephoto.com, Studio 21

How to wear... a fringe

A fringe may be cute, but the spring/summer catwalks prove it's not just for little girls...

- 1 Not up for a full-on fringe? Take a tip from Louis Vuitton and frame your face with a few soft wisps.
- 2 A blunt, eye-skimming fringe, as seen at Gucci, is the simplest way to update your look.
- 3 Wear it cool and sexy, by pulling your hair back into a bun or ponytail and sweeping the fringe to one side, Oscar de la Renta-style.



we love...
the Woody Hog, £8.95, Kent (01442 232623). A fun and stylish wooden brush that has anti-static quills to penetrate and de-tangle even the thickest hair, plus it gives you a scalp massage for free!



hairnews

Pro in the know

New York-based celebrity stylist Frédéric Fekkai lets us in on a few trade secrets...

What's the hottest look for summer?
Short hair. I like the bowl-style cut with lots of layers to keep it soft and chic. Colour shouldn't be solid - have at least three tones throughout your hair.

Whose hair do you love at the moment?
Jennifer Aniston's long fringe is pretty, Heidi Klum's new shade of blonde looks fab and Uma Thurman always looks cool.

Help! I'm having a bad hair day...
Good hair is all about shine and movement. If you control the texture of your hair, you can't fail. My clients love Glossing Cream, £15 (0870 1699999) - it gives that lived-in but still groomed look that's so sexy right now - and Baby Blonde Color Enhancing Hair Treatment, £18, to highlight hair in the sun.



Psst...

Colour faded too fast? Get a Powerdose Color salon treatment from L'Oréal Professionnel to restore the strength and shine of your shade. And, next time, try a Color Starter to condition before you colour. From £10 (0800 0726699).

EVERYBODY'S TALKING ABOUT... HAIR EXTENSIONS

There's nothing like long locks to make you feel like a real star. If you haven't got them, follow the A-list and fake it - just make sure you get it right. Mark Sharp, creative director of the UK's leading hair-extension specialist, Mark Glenn, recommends synthetic rather than real-hair extensions. 'They are lighter and more flexible than human hair, and feel just as natural, and they don't require any glue or harsh chemicals that can potentially damage your own hair.' Prices start from £150. For appointments, call 020 7495 6969.

