

NEW! *Celebrity* looking good

How YOU can be as glam as **Posh & Co**

So, you weren't blessed with glossy hair, a gorgeous pout or perfect skin. Don't panic – fake it. After all, that's just what the celebs do!



Shake your glossy mane like Posh

Victoria Beckham's tumbling locks have set a new trend for hair extensions.

Celebrity favourites Connect Hair Systems specialises in human hair extensions to add length, volume and texture – Lulu has them for this reason.

They are also a great way to introduce highlights, create a fringe or disguise a bad haircut.

The extensions are attached to the hair using Connect's system of heat-sealed bonding, which doesn't damage your own hair. They can last for up to three months before they need to be renewed.

Other Connect clients include Kylie, Kate Moss, Martine McCutcheon and the girls from Atomic Kitten.

Prices range from £100 for a fringe to £1500 for 20-inch extensions. Victoria Beckham has 22-inch lengths added, which cost £2000! For salon details, call 020 7483 3845.

If you can't stretch to those prices, an alternative is synthetic extensions. Hairdresser Mark Glenn, of Hair Enhancement, specialises in them. Extensions are woven in really close to the roots and then heat-sealed.

Prices start at £375 for a full head and last for about three months. For salon details, call 020 7495 6969.



Have perfect nails like Cat

Nail enhancements are the best way to hide weak, bitten-down nails. Just ask TV presenter Cat Deeley, former S Clubber Rachel Stevens and actress Amanda Holden.

Biosculpture natural gel enhancements are more flexible than acrylic ones and allow your natural nails to breathe and bend, so there's less risk of damage.

Prices start at £25. For salons, call 019232 89766.

Quick nail tips

- Nail extensions take one and a half hours to apply and last for four to six weeks.
- Always have them removed professionally as pulling them off yourself will damage your nails.
- Massage a cuticle oil into your cuticles three times a day. Try Nails Inc Wonder Oil, £7. For stockists call 020 7499 8333.
- Nail enhancements are high maintenance – expect to go back for in-fills about every two weeks.

● For quick fakes try Marks & Spencer Instant Nails, £7.50. They're pre-glued and will stay on firmly for days.



Be a bronzed goddess like Denise

Who wants to be pale and interesting when you can be bronzed and lovely all year round?

Elle Macpherson, Victoria Beckham, Cat Deeley and Denise Van Outen are regularly caught clutching a St Tropez Whipped Bronze Mousse, £30, which dries in 30 seconds and lasts for three to five days.



Tips for tanning success

- Avoid applying fake tan to elbows, knees or ankles as dry skin absorbs too much colour, giving patchy results.
- Exfoliate first to remove old skin and the new tan will go on more evenly and last longer.
- St Tropez produces tanning

accessories including a back applicator, £7.95, for difficult-to-reach areas and a tan remover, £14.50, for patchy areas. For stockist details call 0115 983 6363.

● Best for speed is L'Oréal Dermo-Expertise Sublime Bronze Multi-Positional Aerosol Spray, £9.99. It's a fine spray that's easy to apply and the colour develops within one hour. It gives a subtle shade, so is ideal for people with fair skin.

