

Get the most from your next seven days

It's a great week for...

Tuesday

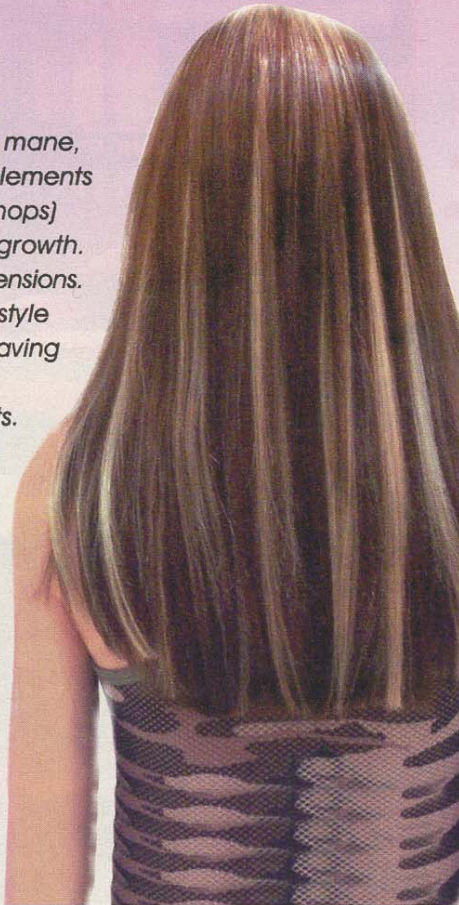
...turning heads

If you fancy a long thick mane, sea kelp and silica supplements (available from health shops) will do wonders for hair growth.

Alternatively, go for extensions. Synthetic hair is easy to style and it's a good way of having highlights or lowlights without getting dark roots.

Check out Party Lights by Mark Glenn Hair Enhancement. Priced from £4.50, each lock lasts up to three months. For details call 020 7495 6969 or visit www.markglenn.com.

If you want to create longer hair at home, try Easystreaks clip-on extensions, £3.50 (0871 220 4141; www.HQhair.com for stockists).



Wednesday

...sending a love letter

Make someone smile as your letter lands on the mat by personalising your stamps.

Called Christmas Smilers, a sheet of 20 first-class stamps featuring your photo costs £14.95. There are special photo booths at 700 Post Offices where you can have your picture taken and order your stamps electronically (allow 14 days for delivery).

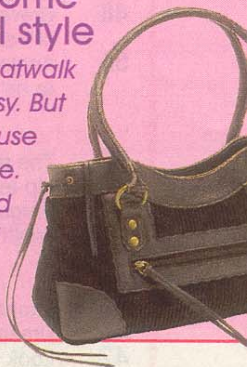
The last posting dates for Christmas mail in the UK is 18 December for second class and 20 December for first class.



Thursday

...stealing some supermodel style

Kate Moss looks just as stylish off the catwalk as on it – and she makes it look easy. But don't let fashion pass you by just because you can't afford the designer price. Kate's Balenciaga bag (far right) would set you back a whopping £900 – but if you head for Cherokee at Tesco this lookalike costs £10 (0800 505555).



Saturday

...vamping it up

Throw out your old eye shadows, cracked face powder and lumpy mascara, and invest in some sexy new make-up from around the world. Planet Diva at Boots has something new every month, so it's best to grab any products you fancy when you see them.

We love Too Faced Chic Lip Gloss Calling Card, £14, a compact no bigger than a business card with four vampish glosses to give your lips more attitude. For stockists, call Boots Customer Service on 0845 070 8090.



Sunday

FREE!

...dressing the table for dinner

This Christmas you'll have plenty to think about, so let us take something off your plate. Bella is teaming up with Next to give away 20 gorgeous fresh floral table centrepiece arrangements, worth £26 each. Each red and gold arrangement includes a centre candle surrounded by roses and carnations.

For a chance to win one, send your name and address on a postcard to Bella/Next, H Bauer, PO Box 14369, London NW1 7NY by 2 December 2003. You must be able to receive your centrepiece on Saturday 20 December 2003. To order fresh flowers from Next call 08456 100505 or visit www.nextflowers.co.uk.

