

Bella

High street buys
Jeans to suit your
body shape

Pregnant and
lumped for
my neighbour

IT THERE WAS WORSE TO COME

Woke up and found I had
four-week-old baby

Weight loss success



We got FAT together –
we lost 16st together

5 easy ways to get your
DIET WORKING FAST!



After 14 years of heartache
I'M A MUMMY



Hair doctor

Whatever your problem we've got the cure. This week, how to have fabulous DIY colour and more



Did you know...?

Coconut oil is great for improving shine and condition – especially for brunettes. Try new Inecto Pure Coconut Oil Moisture Miracle Hair Repair Treatment, £2.99, which smells delicious.

We love...

zesty scented styling products for straight or curly hair by Citré Shine. For sleek, frizz-free hair, try Blow Smooth Straightening Spray, £3.95.

To define and shape curls, use Curl Crunch Curling Crème, £4.99.

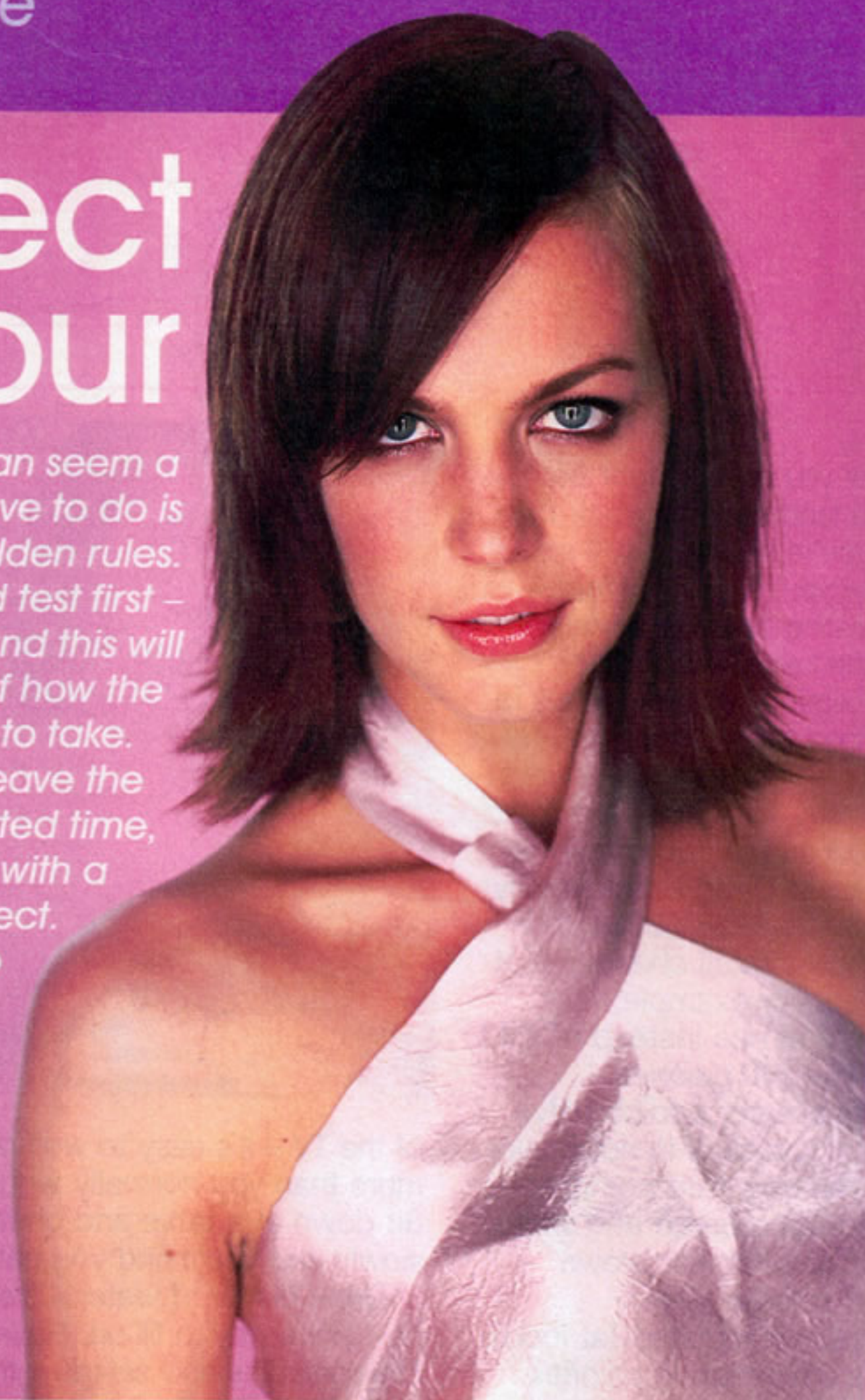
Available at Boots.



Perfect colour

Colouring your own hair can seem a daunting task. But all you have to do is follow these golden rules.

- Always do a strand test first – everyone's hair is different and this will give you a good idea of how the colour is going to take.
- Even if it looks done, leave the colour on the hair for the allotted time, otherwise you may be left with a shade you didn't expect.
- If your hair is long, use two boxes to ensure even results.
- For expert help on all aspects of colouring at home contact Wella CHAT – a team of fully qualified hairdressers who can allay your fears before you start (0845 300 0708; www.wella.co.uk).



Spray-on protection

Protect hair from heat damage when blow-drying with Andrew Collinge Perfect Endings Heat Defence Styling Spray £3.95. Simply aim and spray on your hair before using ceramic straighteners, a hairdryer or stylers.



Bright outlook for brunettes

Over 60 per cent of British women have naturally brown hair. If you're among them, you'll love Brilliant Brunette by John Frieda. It's a range of colour-enhancing, shine-boosting shampoos and styling products that will bring mousey or dark hair to life.

Although brown hair tends to be glossier than blonde, it can be dulled by heat damage. Brilliant Brunette has overcome this problem with a special conditioning treatment containing crushed pearls. There are two Light Reflecting Conditioners in the range (£4.49 each). For light brown hair, there's Hazelnut to Chestnut with tea leaf infusion, and for dark brown hair there's Chocolate to Espresso, with cocoa bean extract.



The long and short of it

Q I'm thinking of having hair extensions. Which is the better option – real or fibre hair?

Jackie Wilson, Newmarket, Suffolk.

A Extensions expert Mark Sharp, co-founder of Mark Glenn Hair Enhancement, says: 'Fibre. Synthetic extensions look natural and with hundreds of colours available at the salon you get a perfect match. They're less likely to become tangled, too. And as fibre is half the weight of human hair, they're less damaging to fine hair.'

Fibre extensions cost from £145. Contact Mark Glenn Hair Enhancement (0207 495 6969) or Antenna (0207 938 1866), whose customers include Britney Spears, Jade Goody and Denise Van Outen.



Britney



Jade



Denise