

Now free with OK!

6-12 November 2004

hot

Celebrity gossip, style and



Reiki body cleansing treat

Donna Air often visits the Elemis spa in west London, and its Fennel Cleansing Cellulite and Colon Therapy, £90 for an hour, is sensational. This advanced treatment flushes out the system and cleanses the colon with body brushing, practising reiki chakra breathing, an abdominal massage and a body mask. Once the mask is removed, Cellutox Active Concentrate, £26.50 for 100ml, is applied to the legs. You'll notice the results immediately!



Hair & scalp remedy

Tailor-made to suit your hair type, the Aveda Purescription Treatment, £27 for 30 minutes, uses only natural extracts such as peppermint, lavender and jojoba oil to revitalise your locks. For a similar home kit, try Aveda's Curescence Damage Relief shampoo, £14 for 200ml, and conditioner, £18 for 200ml. Louise Redknapp adores Aveda – and so should you!



Turn to page 85 for stockists

Beautybites



STRAIGHTEN WITH CARE

Hurry if you want to get your hands on the limited-edition baby pink GHD straighteners loved by Sadie Frost (left). Created for Breast Cancer Awareness month, the pink ceramic irons cost £125 with £10 going to Breakthrough Breast Cancer, but they will only be available for a further two weeks. Sadie said: "I'm sure that the pink irons will become cult items, and would urge all women to dig deep in aid of Breakthrough." Going poker-straight has never been more worthwhile.

GOOD CLEAN FUN



To make bathtime that little bit more fun, Pupa has just launched Miss Milkie, a range of gorgeous milky bath, shower and body treats. Miss Milkie goodies include Crackling Body Foam in White Chocolate and Bath Milk Powder in Candy Sugar, all presented in dairy-inspired packaging. Our favourite is the Creamy Milk Bath at £8.50, but with the range starting at only £3.95, everyone can enjoy this dairy-dream magic!

HEAVEN SCENT

Want an individual scent that no one else has? Then try Invent Your Scent from The Body Shop, £15. Become your own perfumer and experiment until your heart's content with the vials of different scents from the collection. When you've created your perfect fragrance, you can invest in 30ml bottles of your desired notes, £8 each or two for £12 – you'll never run out.



HARD AS NAILS

False nails can damage natural nails, so we've given up on acrylics. Calgel is different. Its completely natural system does not damage your nails as it allows the natural nails underneath to breathe – unlike gel falsies. In fact, wearing Calgel products on a long-term basis will actually improve the condition of your nails! So, with no gluing and nails lasting up to a month, convert to Calgel nails like Tara Palmer-Tomkinson (right) and Sophie Anderton. Treatments start at just £25 for natural overlays, and £35 for extensions.

HEALTHY LOCKS

Celebrity hairdresser Andrew Jose has launched a range of products called Healthy Hair, available exclusively at Boots. There are three ranges to combat the most common hair problems – Dandruff Control, Dry & Chemically Challenged and Fine & Fragile – priced from £4.49. Now you can have healthy hair and a healthy wallet – it can't be bad!

