

marie claire

EXCLUSIVE

NICOLE'S
CRY FROM
THE HEART

**PLEASE
LET ME GET
PREGNANT'**

NEW LOOK
£2.50
NEW PRICE

DOES MY
BUM LOOK
BIG IN THIS?'
WOMEN SHOW
OFF THEIR
REAR ASSET

**TRUMP
TIPS**
CAREER ADVICE
FROM THE MOST
FAMOUS BOSS ON
THE PLANET

GLOBAL REPORT

**DID LIVE AID
REALLY FEED
THE WORLD?**

FASHION SPECIAL
IT'S SHOWTIME!
THE GORGEOUS GIRLS,
CATTY CATWALK AND
FRENZY FOR FRONT ROW

**DOCTORS
CAN'T CURE MY
SEX ADDICTION'**

125 Beauty lifesavers

- * The new, magic ingredient in skincare
- * Summer fatbusters tried and tested
- * Celeb ways to a svelte body



4 celeb ways... TO A SVELTE BODY

By Clare Zerny



Patsy Kensit
Trim

Patsy's secret...

To shed unwanted weight and boost health, Patsy opts for the RejuvaSlim detox plan.

Try it...

The course involves a strict eating plan and 12 sessions of electronic lymphatic massage by the Ultimate-Detoxifying Machine. This helps to break down toxins in fat cells and the intestine, and stimulates your internal organs to detox. Abdominal scans are taken throughout your treatment to analyse the changes.

Get it...

RejuvaSlim treatment, from £45 per 40-minute session. Call 01372-842211 for details of your nearest salon.



Sophie Anderton
Slender

Sophie's secret...

When she's feeling sluggish and bloated, Sophie takes Oxy-Powder capsules to help cleanse her digestive system.

Try it...

A build-up of intestinal waste can create a toxin overload which will prevent your colon absorbing nutrients from food. Oxy-Powder capsules contain fibres which help the body flush out up to 20lb of built-up waste matter in your body.

Get it...

Oxy-Powder capsules, £29.95 available by mail order from Chris Bar (01428-642266).



Jennifer Aniston
Lean

Jennifer's secret...

Forever in the Hollywood spotlight, Jen subscribes to the Silhouette Chefs meal plan. This calorie-controlled diet is delivered straight to her door, taking the hassle out of healthy eating.

Try it...

Aimed to reduce carbohydrate cravings and encourage weight loss, the menus target specific needs, such as wheat or dairy intolerances. The meals are freshly prepared using organic ingredients.

Get it...

Call 020-7394 8899 or visit www.silhouettechefs.com. Prices start from £29.99 a day for three meals and two snacks a day per month.



Julia Roberts
Supple

Julia's secret...

To stay in A-list shape, Julia is a long-term fan of the Lotte Berk Method, a workout which targets your hips, thighs, abdominals and bottom.

Try it...

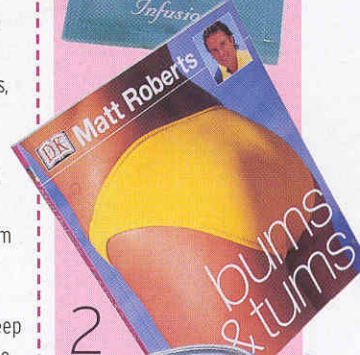
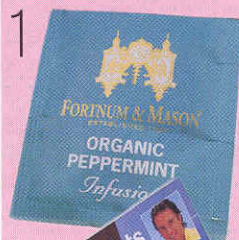
Suitable for any age, weight and fitness level, these exercises are developed from modern dance, yoga and orthopaedic movements. Regular practice will help keep you strong, toned and supple.

Get it...

The Lotte Berk Method - Basic Essentials DVD, £32, is available from www.naturaljourneys.com.

**BEST BUYS:
A BETTER
BODY**

- 1 Fortnum & Mason Organic Peppermint Infusion, £4.75 for a box of 20.
- 2 Bums & Tums by Matt Roberts (£5.99, Dorling Kindersley).
- 3 Crabtree & Evelyn La Source Sea Salt Body Polishing Scrub, £21.
- 4 L'Oréal Paris Sculpt Up Tightening and Resculpting Body Gel, £10.99.



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