

# GLAMOUR

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## Anne Hathaway

*The Devil Wears Prada* star's pick of the high street

How your POSTCODE affects your **ORGASM**

(Hint: It's time to move to Cornwall!)

## 1307 STYLE FINDS

### EXCLUSIVE COLEEN

"Why I won't sign a pre-nup"

## Size 0 Horror

"The TV show that tried to starve me"

Young, pretty, posh – and an £80k-a-year drug dealer

## LOSE WEIGHT LIKE A MAN

That means no gym and as much pizza as you want

**SEX** with the ex!  
**FANTASIES** about your friends!  
**The secret things MEN** do when we're not around



# Better skin by tonight

Yes, you read that right, says **Evie Leatham**



## Radiant in HOURS

**You have** Partied-out skin

**You need** Exfoliation to remove light-absorbing dead skin cells and unplug pollutant-clogged pores, followed by a moisture mask designed for radiance. "These often contain clarifiers like vitamin C and pearlescent micro particles to leave a luminous veil," says Vicky Dello, Shiseido's UK training manager.

\* Deep-clean post-party skin with Roc's **Renewex Microdermabrasion Daily Cleansing Pads** £7.95 for 24 (right), then plump with **Blue Lagoon Ideal Hydrating Lagoon Bath** £31.50 Carita (above) to get skin glowing again.



SHISEIDO

## Luminous in DAYS

**You have** A permanently dull complexion

**You need** To add brighteners to your everyday skincare and exfoliate more deeply. "At-home microdermabrasion or peels will speed up sluggish circulation, while evening out skintone," says top plastic surgeon Dr Barry Cohen.

\* For daily de-dulling, switch to a vitamin C cream such as **White Lucency Recovery Night Cream** £45 Shiseido (above left), which will clear a muddy skintone while you sleep. To turn around skin in 21 days, try Chanel's **Précision Micro Solutions Refining Peel Program** £135 (right).



PRÉCISION

MICRO  
SOLUTIONS

GRAMME  
NANT  
NEUVE  
IG PEEL  
SRAM

ANEL

IN VISAGE DE LA MER™

the radiant primer  
soin base lumière

## Perfect in WEEKS

**You have** Pigment-speckled skin

**You need** Serious dark spot smoothers.

Professional microdermabrasion blasts away dead cells with a spray of fine sand and softens unevenness. Alternatively, target specific brown spots with Intense Pulsed Light (IPL) Therapy, available at Beyond Spa at Harvey Nichols, which stimulates the skin to heal itself. "It gets results without any down time," says Dr Cohen.

\* Nightly doses of SK-II's **Whitening Source DermDefinition** £65 (right) will ease brown blemishes and control melanin, while Crème de la Mer's two-step **Radiant Facial** £245 (above) calms and clarifies skin.