

A Glam Shopping Spree With *TOWIE*'s Lydia!

Leona Speaks Only To LOOK

• 'I See Liam As Often As I Can'

Statement Knit

Embellished T-Shirt

Restyle! Revive! Respin!

6 Hero Items

18 Hot Outfits

Leather Skirt

Body-Con Dress

Metallic Trousers

Trophy Jacket

LOOK.couk

£1.80 SPAIN €3.60/GREECE €3.80



Paranoid Kristen 'I'm Terrified Rob Will Leave Me'

£79.99

£59.99

£29.99

Celebs Wear H&M!
Get These Outfits In Store This Week

Your Best Body

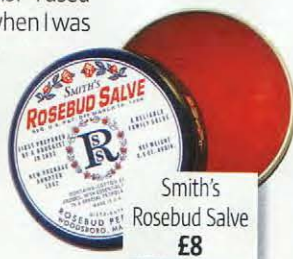
No-fuss tips that will make being you even better

The Tips Celebs Swear By



Beyoncé's Lash Trick

The singer advises using lip balm on your lashes. She explains: "I used this trick last summer when I was on vacation – it primed my lashes before curling and it was like a natural mascara. It made the lashes hold the curl and look shiny. I use it for everything!" Copy Beyoncé's look with **Smith's Rosebud Salve, £8.**



Smith's Rosebud Salve £8



Cheska's 'Bat' Yoga!

The newest way to exercise is AntiGravity Yoga – swinging like a bat from the ceiling. Yes, really. *Made In Chelsea's* Cheska Hull said: "I've tried normal yoga, but it was boring. This was fun and I was amazed what my body could do." If you fancy getting in shape the Chelsea way, visit Virginactive.co.uk for more information.



Flavia's Dancewear

While she's dancing up a storm, *Strictly Come Dancing's* Flavia Cacace stays healthy by wearing a specially-developed kit by HPE clothing. It reduces sweating, kills bacteria and prevents injury by supporting your muscles. Visit Hpe-shop.com. Prices start at £35.



Formula40 Racer Vest £35



Madonna's Ballet Exercise

Forget Pilates, the new exercise regime of choice for body-conscious celebs is 'barcore' – ballet-inspired workouts, which are famed for creating a lean and muscular physique. Adult classes are available nationwide and prices for Barcore.co.uk start from £28.



Gwyneth's Coconut Oil

Healthy living guru Gwyneth Paltrow swears by coconut oil. She says: "While I'm in the bath, I use an exfoliating mitt that stimulates the skin and leaves it soft and bump-free. Afterwards, I slather my body with extra virgin organic coconut oil." Get your **Tiana Extra Virgin Coconut Oil, £14.99**, from Ocado.

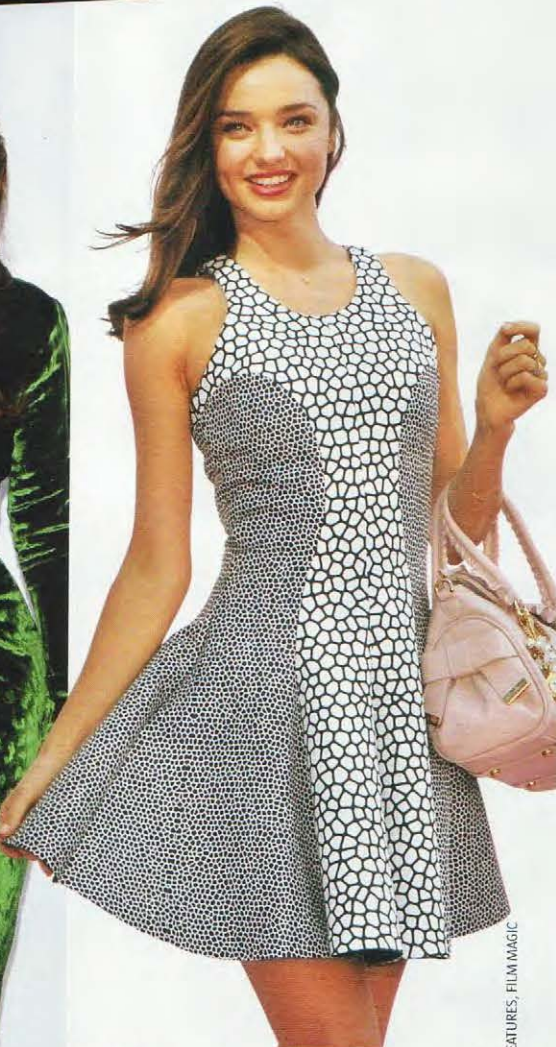


Tiana Extra Virgin Coconut Oil £14.99



Kim's Food Rule

Kim Kardashian advises we ditch the scales! She says: "If I was stuck on a diet my whole life, I'd be really miserable. I love to eat. If you can't enjoy your life, what's the point?"



Miranda's Rosehip Oil

"It's full of antioxidants and rejuvenates the skin," says Miranda Kerr. "I put Kora Organics oil on before bed and wake up glowing." Get yours from Koraorganics.com.



Kora Organics Rosehip Oil £29



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