

# athome

WITH NICKY HAMBLETON-JONES

sponsored by  
**vive**  
LONDON

**24 BEACH LOOKS**

**PERFECT  
FOR YOUR  
SHAPE**

**GET WRINKLE FREE**  
NEW ANTI-AGEING  
SKIN SOLUTIONS

**EARN MORE, WORK  
LESS (yes, really!)**

**WOW!**  
BANISH CELLULITE  
FOR GOOD

**REAL LIFE**

**'I HAD FAT TAKEN FROM  
MY TUMMY AND PUT  
IN MY FOREHEAD'**

**TAKE 10 YEARS OFF  
YOUR SMILE >**

**BODY BONUS**  
TOP 12 SPAS > DRESS  
CODE ETIQUETTE > FEEL  
GOOD DETOX > ORGANIC  
SHAMPOOS ON TEST



**NICKY EXCLUSIVE**  
I'd love to style  
Amy Winehouse

**Botox  
IN A  
bottle**

In association with:



TP Orthodontics Europe  
www.tportho.com

August 2008 £3.50  
athomemagazine.co.uk







**Kylie's pick** 'I can't live without The Organic Pharmacy Carrot Butter Cleanser, £26.95 70ml. It makes my skin feel so healthy.'



**No1 Dream Body**

Cheryl Cole has been voted the UK's favourite fantasy body, according to a recent poll by YouGov, knocking her fellow *X Factor* judge Dannii Minogue into second place. More than 2,000 men and women were quizzed in the survey – Cheryl got 15% of the vote and Dannii, 11%. Other popular choices included Nigella Lawson and Mel B.

**Flower power**

Floral is always a massive trend during the summer months, and this year we're loving the cute dresses from Orion London – perfect for day and evening wear.

This Nana dress is a snatch at £59 and is very easy to wear. Check out the other styles – the Orion collection is available from Topshop. Visit [www.orionlondon.co.uk](http://www.orionlondon.co.uk)



**DID YOU KNOW?** Two thirds of women own an average

10 pairs of shoes they've worn only once or twice.

So why not donate them to your nearest charity shop?



**Take a closer look**

If you're worried about the effect sun exposure is having on your skin, there's a new skin imaging system that can calculate your real skin age. Beau Visage works by taking pictures of your face – it can see up to 2mm below the skin surface. It looks at the distribution of blood, melanin and sun damage and can also spot wrinkles before they reach the surface. Beau Visage is available at The Sanctuary and selected beauty salons. A consultation costs between £25-£60. For details call 01223 265000.

**Achieve your fitness goals**

People of all ages who want to keep fit, using the latest state-of-the-art equipment, without going to a busy gym can now book an appointment with personal trainer Sam Johnson at Energy Fitness, based at Regent Cosmetic Dental Practice in Cheshire. For details call 01565 654961.

**Sleep right**

Who would have thought it – you can actually delay the signs of ageing in your sleep, thanks to a totally natural silk pillowcase, Silkskin. At night your skin repairs itself and it needs the chance to breathe, naturally. Silkskin stops your face from drying out and protects it from developing more lines or deeper creases. The original pillowcase costs £35 and is available in Harvey Nichols stores or online at [www.silkskin.co.uk](http://www.silkskin.co.uk)

**Tone up**

If you're hoping to shed a few pounds before slipping into your bikini, then Slimthru could be the answer. Made from 100% natural palm and oat oil, this creamy liquid claims the fats it contains are digested so slowly by the body that it leaves you feeling full for up to eight hours. Consuming a mini pot twice a day with your usual breakfast and lunch, should stop you snacking in between meals, giving you a steady weight loss of 1-2lbs a week. Slimthru is available in packs of 12 or 30 (from £12.49) from Boots and selected supermarkets.



**A great healer**

If you've had an accident or undergone cosmetic surgery that's left your face with nasty bruising or swelling, then try Heal gel. Proven to speed up healing time and soften scars, testers report a dramatic



improvement in the appearance of their skin within days. For more details visit [www.healgel.com](http://www.healgel.com)