

ALLERS' WIVES LOOK THAT CELEBS WEAR SO WELL **NEW DIET & FITNESS**

# service

**HOT**

**MALE grooming:** Fellas, you might be spending the summer watching the footie but there's no reason to neglect yourself. Take a leaf out of David Beckham's book and get yourself some pampering products. Champneys have got a great pedicure gift set for £9, so your tootsies look good in your flip-flops. [www.champneys.co.uk](http://www.champneys.co.uk)

**PATRIOTIC condoms:** Durex have launched a pack of England condoms especially for the World Cup. The Performa five-pack contains a special lubricant which is said to delay orgasm - so you'll be playing into extra time. Priced £4.99 from chemists and supermarkets.

**HEALTHY crisps:** If you love to snack, but want to eat more healthily, opt for the new Hula Hoop ranges. Their Wild West flavours, 29p, and Hula Hoop Ridges, 45p, now claim to have about 50% less saturated fat. Or try a packet of Mini Cheddars, 37p - these snacks now claim 30% less fat and 10% less sodium.

**LONG Life veggies:** Scientists at the University of Warwick are trying to develop a new strain of super broccoli which lasts up to three days longer than the regular version.

**WHAT'S IN & WHAT'S OUT**

**CALCIUM:** Too many children are suffering from dental problems due to parents' lack of nutritional understanding.

According to research by Cheestrings, 42% believe orange juice is a good source of calcium. It's not, but dairy produce is.

**PERIOD PAIN:** Women are still suffering in silence over period pain.

Research by Feminax reveals 40% of women feel it's inappropriate to say anything to their boss or colleagues during their time of the month.

**WORKING lunch:** Brits cram seven activities into their lunch breaks, leaving them just three-and-a-half minutes to eat. A survey by online mobile phone retailer Dial-A-Phone pay-as-you-go shows we fill our breaks with shopping online and e-mailing.

**CATS:** New mums are being advised to lock the moggy away to prevent babies developing eczema. Researchers at the University of Arizona found kids who are exposed to cats from a young age are more likely to suffer from eczema. Dogs seem to cause fewer allergies.

**COLD**

## Hair

COLEEN McLaughlin, 20, just loves hair extensions and there's no doubt the world of football wives is awash with modern day Rapunzels. Cheryl Tweedy, 22 and Victoria Beckham, 32, have both given their tresses a helping hand courtesy of Connect Hair Extensions.

The London-based company uses human hair and has a stock of around 40 colours, which ranges in length from eight to 28 inches and comes in a variety of textures.

Extensions can be used to add volume, length and colour. Connect use Thermal Bonding Resin to attach them. It's a patented system which, if applied correctly, will not damage the natural hair.



Connect creative director, Feleny Georghiou, 39, the expert responsible for Mrs Beckham's luscious locks, says: "I've been doing extensions now for 20 years. It used to be mainly for film work but in recent years there's been an explosion in everyday wear. It started with celebs but now extensions are also very much part of everyday life." Extensions with Connect start from around £500. For salons nationwide which use the Connect System, call 020 7483 3845.

## Nails

WHO will ever forget Tanya Turner's monstrous talons? Back in the real world, Premiership partners usually opt for a more subtle look than that of the TV character played by Zoe Lucker, 32.

One option is to go for American as opposed to French falsies - the tip is a more subtle creamy colour, rather than bright white.

But if you really want to turn up the bling, it has to



be Leighton Denny's Diamond Nail Treatment.

This manicurist to the stars is responsible for tending the likes of Kate Moss, 32, pictured above, and has won the title Nail Technician of the Year for the past four years.

This treatment, which takes around two hours, involves sculpting and painting the nails with resin which is then used to set fake gems on the nails - or real ones, if you've got money to burn.

It costs from £120 to £16,500 (for real gems, only available at Harrods). Call 0845 004 2053 for salons nationwide.

## Eyes

NO superstar babe can afford to forget her eyebrows. Having the right shape not only frames your eyes, but can completely open up your face and knock years off you in the process.

In the same way, eyebrow crimes - be they spiky, bushy or harshly over-plucked - are extremely unflattering. All the top brow shapers tend to use techniques such as threading (which involves pulling hairs out at the root with super-fine cotton) and waxing. Then they'll use pointed tweezers to pluck the stragglers.

Britain's most noted brow expert is Shavata Singh, who runs the Shavata Brow studio in Harrods and has plucked such star babes as Jade Jagger, 34, pictured right, Rachel Stevens, 28, and Kylie Minogue, 37.

She says: "Eyebrows frame the face. A perfect arch is like a mini-facelift and can take years off you."

An eyebrow shape at her studio costs £24. Call 020 7893 8333 for details.



**EYELASH extensions** are the latest Hollywood must-have and are quickly catching on over here. The style-leading Mrs Beckham is already said to be a fan, alongside fellow A-listers Lindsay Lohan, 19, pictured below, and Paris Hilton, 25.

Jinnylash - developed by Korean lash supreme Jinny in Korea, where lash bars are to be found on virtually every corner - have gone down a storm since the arrival of the treatment in the UK.

The procedure involves the delicate attachment of from 30 to 100 synthetic lashes, offering a more permanent and subtle effect than falsies.

These banish the need for mascara, eyelash tint or perming, adding length, thickness, colour and curl without damaging your lashes.

The treatment takes up to three hours, is completely painless and the lashes have a natural-looking curl.

Lifestyle and aftercare will affect how long the lashes last, but up to eight weeks is possible. Retouches are recommended every two to three weeks.

It costs from £80, with top-ups at £1 per lash. See [www.jinnylash.com](http://www.jinnylash.com) or call 020 8949 9292.



## Pout

LUSCIOUS lips are the order of the day on planet showbiz and no self-respecting footie wife would want to be seen without a pout. Most of the girls remain tight-lipped over whether they've had surgical help, although many of the hottest looks are achieved thanks to injectable fillers.

The latest innovation is Restylane Lipp. This is derived from a new non-animal gel and is designed specifically to give a more natural looking fullness. It is designed to give longer lasting results and, unlike some treatments, it leaves lips naturally pliant - so you can carry on smiling, laughing, talking and kissing!

It is usually injected with an ultra-fine needle into the lip outline for improved definition, into the fleshy part of the lip for increased volume, or a combination of both.

Frances Furlong, 30, nurse practitioner at London's City Skinklinic, says: "Restylane Lipp is the new generation of filler. We've only recently started using it, but it's already clear that it gives a full but natural, less rigid looking result. It's ideal for that soft, pouty appearance that most women are looking for. Our clients have been very happy with the results."

The cost varies, depending on how much product is used (fillers are usually charged per syringe), but Restylane Lipp treatment costs from around £400 and is available nationwide. See [www.Restylane.co.uk](http://www.Restylane.co.uk) or [www.cityskinklinic.co.uk](http://www.cityskinklinic.co.uk) for further details.

## SCRUBBING UP WELL - FOR £480

COME the World Cup, the England team's wives and girlfriends will be staying at the luxurious Brenner's Hotel in Baden Baden, Germany.

Our Kate Jackson (right) tested out the most expensive treatment available there - the Bvlgari Inner Illumination treatment. It costs a wallet-busting £480, but promises to make you feel reborn.

Therapist Katrina starts the treatment by exfoliating Kate from top to toe using a scrub made from a refreshing mix of green tea and herbs to awaken the senses.

After showering, you can hop between the Jacuzzi and sauna in the private suite, which can be hired for four people at a time.

Next up is the massage, which our Kate describes as absolute heaven. Then she's ushered into a private booth, similar in size to a



phone box, and left sitting on a hot stone seat. It's like being in a sauna, but the heat's not as oppressive.

Back on the treatment table, warmed by the sunshine pouring through the open door, Katrina smoothes Kate in an aroma pack. This is said to smooth out the skin and get rid of all those toxins. Another shower and a quick

play in the Jacuzzi and sauna, then it's time to be basted in a lime yoghurt scrub.

After showering off the last of the body treatments, the skin is left feeling baby-soft and looks bright and clean.

Our Kate then takes a quick break to nibble on the delicate chocolate and strawberry delicacies on offer, then it's back on the table for a facial.

More cleansing, exfoliating, massaging, scrubbing and moisturising from another therapist, Bettina, and Kate's good as new.

Best of all, the price includes a Bvlgari goody bag.

It's been a strenuous four hours for Kate, but we're sure England's first ladies will cope with ease! See [www.brenners.com](http://www.brenners.com) for details of the treatment.

and Liverpool ace Steven Gerrard's fiancée Alex Curran, 23, admits her cleavage is not her own. And while many other wives aren't as open on the subject, picture evidence sugar far from the only one to give her assets a boost.

Gery, breast enlargement is a serious business which never be taken lightly. Surgeons usually reckon it is best to increase your size by only one or two cups sizes.

Prices range from around £3,000 up. The British Association Of Aesthetic Plastic Surgeons keeps a register of members.

Call 0207 4052234 or see [www.baaps.org.uk](http://www.baaps.org.uk) for a list.