

5 SENSATIONALLY SEXY HOUSEWIVES NEW DIET & FITNESS

STICK?

CELEB HEALTH SPY SPECIAL REPORT

ALL those TV close-ups mean the Desperate Housewives of Wisteria Lane have just as much scrutiny on their faces as their bods.

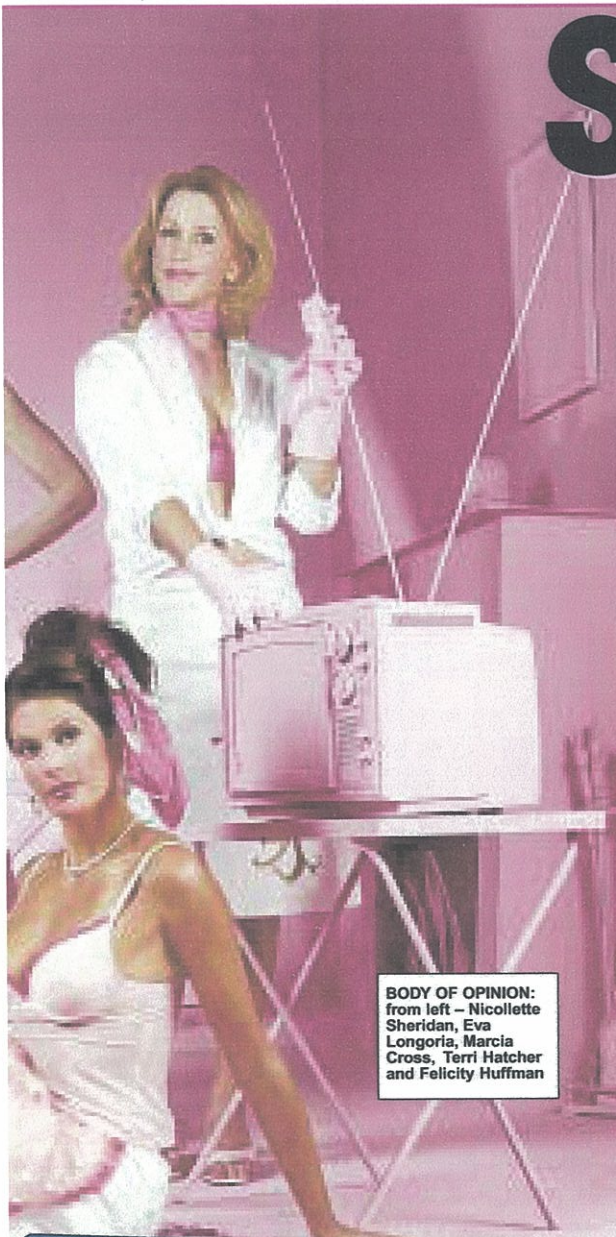
While the show might be set in Connecticut, it's actually filmed in LA, and we know how fond Tinseltown is of cosmetic tweaking here and there.

So have the DH stars sought a helping hand in the looks department? We asked City Skinklinic's FRANCES FURLONG, 30.

She says: "All of the housewives appear to take good care of their skin - although they may want to consider the effect of an over-strict diet and exercise regime."

"A too-strict regime places stress on the body, which will use up antioxidants, vitamins and minerals."

"Seek advice from a skin specialist to analyse the skin and to prescribe treatments or products that will help."



BODY OF OPINION: from left - Nicollette Sheridan, Eva Longoria, Marcia Cross, Terri Hatcher and Felicity Huffman

MARCIA CROSS, 43 (Bree Van De Kamp)

BODY TYPE: Marcia is naturally tall, lean and slender at 5ft 10ins. Her water-like figure resembles the "stick" profile - small muscles, narrow shoulders, hips and waist and a petite bust. Marcia has superb posture, giving her a strong bold look.

PROS & CONS: Sticks have trouble gaining weight and building muscle but tend to be able to eat what they like without gaining weight.

IDEAL FITNESS PROGRAM: Do enough cardio to work the heart and lungs, i.e. 20-30 minutes at moderate intensity. Incorporate weight workouts using a moderate to heavy weight to build muscle, eight to ten reps and two sets. If you like walking, go for long walks. Try hill walking or do a couple of swimming sessions as part of your fitness regime.

Try yoga or pilates to give you that long, lean look. Yoga also helps to improve posture and circulation, reduce stress and the deep breathing exercises will help to release areas of tension and calm the mind.

NUTRITION: Stick to a healthy diet of low fat foods and aim to eat balanced meals through the day, eating plenty of fruit and vegetables.

THERE are three main basic body types:

Ectomorph (Stick): Tall, narrow, delicate bone structure and hips and shoulders about the same width.

Endomorph (Pear): soft, curvy pear shaped, hips often wider than the shoulders.

Mesomorph (Athletic): Bigger bones, shoulders often wider than hips.

Frequently people fall into mixed categories where they have traits of the other body types. However, the basic principles apply - regular exercise, light/moderate weights and a low fat diet will achieve lasting results.

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NICOLLETTE SHERIDAN

A SMOOTH forehead and lack of crow's feet indicates the possible use of botox - as you would normally expect to see lines at her age. The face is free from pigments and very smooth, which could indicate the use of skin peels or Intense Pulsed Light.

There is, however, evidence of pigments to her chest, cleavage and neck, which could be avoided if she had treated this area in the same way as she has her face.

MARCIA CROSS

THE strong, well-defined arch of her eyebrows could have been achieved with micropigmentation (permanent make-up) and also with the use of botox or a thread lift procedure.

The fact that her back and face are free from pigments, which you would normally associate with this skin type, shows she is aware of the importance of protecting her skin from the sun with the right SPF cream.

She doesn't appear to have had lip enhancement or other fillers. She has a strong glabella muscle (frown lines) and this could be avoided with botox.



FELICITY HUFFMAN

HER very smooth neck could have been achieved with botox injected into the horizontal creases that often appear on the neck.

There is a significant lack of lines on the chest. Mesotherapy (injections of vitamins and lifting product) can achieve this as well as maintaining a glowing skin. Peels will also help to rejuvenate the skin.

Fine lines are apparent under the eyes. She might want to consider phenol peeling for this. A phenol peel will also help lift the upper eyelids.

TERI HATCHER

HER flawless skin shows that she is aware of the risks associated with having more melanin (colour) in her skin. This means that she is at risk of hyperpigmentation - darker patches of colour.

Her deep-set eyes have been opened, possibly by the use of botox or thread lift (a very popular non-surgical procedure for those not wanting a face-lift and full anaesthetic).

This would lift the outer corner of the eyebrow and so achieve a more open, fresher look.



EVA LONGORIA

ANOTHER person who shows that she knows about hyperpigmentation due to her skin type. She shows no evidence of darker patches of skin.

With her younger skin, maintenance is a vital factor. Mesotherapy is an excellent treatment programme for her age as it boosts the hyaluronic content of the skin.

It can also be combined with Biomasques to boost the effectiveness of the mesotherapy (available only at City Skinklinic). The daily use of a vitamin C serum protects from UVA rays as well as being an antioxidant.

ALL the treatments mentioned are available at City Skinklinic, with consultations available with Frances to discuss skin concerns. Call 0870 751 3870 or visit www.cityskinklinic.co.uk for further details.

HOT

BOHO FOODS: The hippy-chic celebrity lifestyle has invaded the kitchen. Sales of healthy nosh such as red lentils, soya beans and monkey nuts rose 20% last year to £232 million. Stars such as Gwyneth Paltrow, 33, and Jade Jagger, 34, have helped swell the popularity of health foods.

IRON: Another cold snap means we need to keep levels of this vital nutrient topped up to ward off cold and flu bugs. Take an iron tonic or supplement or try Spatone. This is a natural water with a high content of iron sulphate. Available from Boots, Holland & Barrett and Lloyd Pharmacies.

COFFEE: The drink holds the key to boosting a woman's sex drive. Researchers at Southwestern University in Texas made the link after research on randy female rats.

RED: Banish those winter blues with this bold colour flash. As Scarlett Johansson, 21, proved at last week's Golden Globes, it's definitely a colour to get a girl noticed.

WHAT'S IN & WHAT'S OUT

PINK VELOUR TRACKSUIT BOTTOMS: As Charlotte Church, 19, recently proved, unless you have a pert behind, this is not a good look. The Welsh warbler's ample derrière resembled a wobbling blanchange.

SWIMMING POOLS: Experts have warned that taking babies swimming before they are two could double their risk of asthma if it runs in the family. A Belgian study warns that chemicals used in indoor public pools could damage infant lungs.

CALCIUM SUPPLEMENTS: Dr Ann Walker, a nutritionist, says calcium supplements that are not combined with magnesium should be avoided. This is because calcium can block the absorption of magnesium.

HOSPITALS: Three out of four hospital managers are planning to cancel operations to save cash, says a survey. Four out of five hospital chief executives blame NHS debt, as they are forced to close wards and sack staff.

COLD