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GET ALBA'S ABS

She may "put whipped cream on anything" but you wouldn't know it from Jessica Alba's stomach – something she puts down to hardcore sessions

with a personal trainer. "I work out so hard," she says. Sounds knacker. So here's how to tone your tum the stress-free way.

BELLY BEAUTIFUL

DRINK UP

Dull but true. Water is brilliant for a flat belly. "Drink loads to flush away toxins," says nutritionist Ben Jones*. "And avoid fizzy drinks that give you beach ball-style bloating."

WORKOUT WONDER!

Lie on your back, knees bent, with your hands on the front of your thighs. Curl yourself up from your stomach until your hands touch your knees, with your head looking towards the ceiling. Return to the start. "Do this three times a week, 15 sets each time, and you'll see a difference in your belly in 14 days," promises personal trainer Anthony Mayatt**.

PLAN A LOVE RUN

"I run a lot but it's a pain in the ass," admits Jess. Follow in her footsteps and go for a jog – but plan your route to run past the houses of at least five fit boys. They might see you and offer to towel you down...

SHINE ON

"Highlight your belly using a pea-sized amount



of baby oil mixed with your usual moisturiser for a subtle shimmer," says bliss beauty guru Fatima Bholah. Use Johnson's Baby Oil, £1.99.

TOP IT OFF

"Choose empire-line tops that skim over your tum," recommends bliss fashion queen Lauren Grant. We love this blue dotted smock from Dorothy Perkins, £28. But steer clear of clingy white vests – even Jessica can't carry this look off after a few Pringles!



"I was an insecure teenager and hung out with kids who made me feel bad about my body. Then I learnt that I shouldn't be ashamed of what God gave me"



◎ GET SCARLETT'S CHEST

Scarlett's known for her gorgeous curvy figure and her boobs get her loads of attention, but while she knows how to make the most of 'em, she doesn't let her body rule

her life. "There's too much emphasis on weight and fad diets. There are far more important things happening in the world to worry about," she says.



NICE BOOBS

HELLO FITTIE

"If you've got a bouncy bust, avoid horizontal stripes as they'll widen your chest rather than lift it," warns Lauren. "Instead, go for fitted shirts and tops that'll give you a sexy hourglass figure." Try this cami-dress from Dorothy Perkins, £10.

GO WANDER

"I'm hardly an athletic type of girl," Scarlett says. "My idea of aerobics is to walk the dog." Just a 10-minute daily stroll will stretch your muscles and keep you toned all over – including your chest. Now, all you need is a dog!

BRONZE UP

"Using a big brush to dust in between your cleavage will give you definition," says Fatima. "Use a shade darker than your natural skin tone for the best results." For a look that's totally summer, try Sugar Baby Gleam Crème Luminiser, £8.95, www.npw.co.uk, and Rimmel Sun Shimmer Maxi Bronzing Powder, £6.99.

"I accept I'm never going to be rail thin. I know what I look like when I wake up in the morning. Sometimes I feel OK, this is a good day, and other days I think, 'Oh my God!'"

WORKOUT WONDER!

Hold your arms out in front of you with the palms of your hands flat together. Push your hands against each other for two seconds. Relax, then repeat 20 times, four times a week. "This will perk your chest up, no matter what size you are," says Anthony.

SNACK ATTACK

Scarlett admits, "I don't go to McDonald's any more. After I saw *Super Size Me...* no way!" Copy her and snack on nuts and seeds instead, for smooth skin.



GET LINDSAY'S LEGS

Yes, we know it may seem like Li-Lo gets her gorgeous legs through partying and pole-dancing with Kate Moss, but that's not the case! "I'm working out with a trainer,"

she admitted recently. "And I plan to commit myself to a healthier lifestyle." Yeah, right, Linds. Until then, here's how to get Lindsay's pins (but not the hangover).

PERFECT PINS

DITCH THE TRAINERS

"Killer heels are super-sexy," says Lauren. "And they also make you flex muscles in your calves that you don't use wearing trainers." Check out these heavenly spring heels by Dune, £85.



WORKOUT WONDER

Stand with your feet slightly wider than shoulder-width apart. Bend your knees, then push your bum out as if sitting. Return to start. Repeat 15 times, three times a week to trim and tone.

SKIP JUNK FOOD

"You don't have to avoid them completely, just don't OD on them. Things like burgers, sausages and cheap minced beef can cause cellulite," says Ben. Typical.

HEY, SMOOTHIE

Fatima recommends exfoliating your legs before shaving them, to get rid of dead skin. "Finish off with a layer of body lotion to lock in moisture."

We love Boots Mediterranean Orange, Chamomile & Honey Body Scrub, £7.50, followed by the



"I went through a phase where I didn't like my ankles or my legs. I wasn't treating my body the right way. Now I've learned how, to and that's really important"

luxurious Dermalogica Ultra Rich Body Cream, £31.60.



STOP THE STREAK

While a tan can help make legs look healthy and toned, you've gotta do it right. "Exfoliate beforehand, then smooth tanning cream from your thighs downwards, making sure you remember your ankles and tootsies," says Fatima. Try St Tropez Everyday Tanning Moisturiser, £12.95.



◎ BAG PARIS' BACK

It's easy to neglect your back – out of sight, out of mind. But, as Paris knows, if you're gonna show it off, it had better look good! She admits, "I'm not used to

working out all the time." We reckon carrying all those shopping bags and going clubbing keep her really toned, but there are other ways to get a fab back.



BACK TO BASICS

up your posture. And remember, when trying on a new top, check out your reflection from behind to make sure it flatters your rear view as well as your front.

STRUT LIKE A CELEB

"Watch how a celebrity you love walks at a red-carpet event," says Lynda. "See how confident she is, how she holds her shoulders and head up. Now imagine you're her. Practise walking like her in your room at first, to build self-esteem, then try it outside."

CHEESE, PLEASE

"Eat low-fat cheese and drink milk to help keep the bones in your spine strong," says Ben.

SCRUB UP

Blitz annoying back breakouts by using a shower gel with Tea Tree oil in it, like Tea Tree & Lemon Oil Invigorating Body Wash, £5, The Body Shop. Use daily with a soft flannel in circular motions – just be careful not to scrub too hard or it could irritate your skin.

WORKOUT WONDER!

Anthony recommends this back toner. "Stand up straight with your arms by your sides. Squeeze your shoulder blades together, hold for two seconds, relax then repeat." Work up to a set of 20, three times a week.

BRA-VO!

Your bra can make a huge difference to back health. Get fitted out in a good one, like this one from Matalan, £8, which will perk



"I like food and I like to eat at McDonald's or Taco Bell. But I don't drink alcohol – I hate the taste, so I drink Red Bull. Curry bodies look great – the really skinny look is gross."