

## HOW TO EAT YOUR WAY TO BEAUTIFUL SKIN

Lotions and potions are great and smell lovely, but the very best way to get beautiful skin is from the inside out, which means eating a skin-friendly, healthy diet.

### WATER WORKS

You should drink plenty of water throughout the day to keep your skin clear and bright. Aim for about six glasses a day to keep your levels topped up and avoid any fizzy drinks, which are full of sugar.

### FRESH AND FRUITY

You should try to eat at least five portions of fresh fruit and vegetables every day. Skin-friendly superfoods include carrots, broccoli, apricots, strawberries, watercress and oranges. They're great for the rest of your body, too.

### GREAT NEWS!

Experts can't find any evidence to link eating chocolate with having problem skin, so you can still indulge in the occasional choc-attack.

### PERFECT DAILY MEAL PLAN

It's important not to skip meals – a regular, healthy diet can work wonders on your skin and give you lots of energy.



**Breakfast.** Start with a glass of fresh juice, wholegrain cereal with chopped banana and milk, followed by toast and honey.

**Lunch.** Make a cheese or ham sandwich on wholemeal bread with salad followed by yoghurt and fruit.

**Dinner.** Go for grilled chicken and a baked potato with fresh vegetables, followed by fresh fruit salad with yoghurt and nuts.

**Snacks.** Don't go hungry between meals. If you feel peckish try a healthy snack to keep you going. Fruit, nuts, vegetable sticks, crackers, yoghurt or a slice of wholemeal toast are far better for you than sweets or crisps.

## HOW TO MAKE YOUR OWN LIP GLOSS

To give your lips a delicious glow you need a great lip gloss, but there's no need to spend a fortune – it's easy to make your own.

Gather together the following ingredients:

- 30 ml/2 tablespoons of petroleum jelly
- 5 ml/about 1 teaspoon runny honey
- 2 drops food flavouring – peppermint, strawberry or vanilla are particularly good
- A sprinkle of ultra-fine glitter from an art and craft shop (optional).

Mix all the ingredients together until thoroughly blended. Transfer the mixture to a small, clean pot or jar and apply regularly to your lips for a stunning shine.

## HOW TO PUT ON A FASHION SHOW

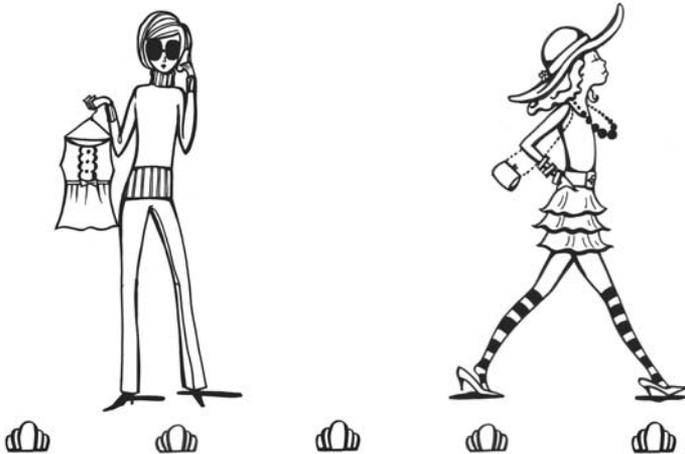
This is a really glamorous way for you and your friends to fill a rainy afternoon. Get everyone to bring a selection of their favourite clothes, accessories and jewellery. Then take it in turns being the stylist, model and photographer at your own catwalk show.

You'll need:

- A camera.
- A great soundtrack you can strut your stuff to.
- Some adults to watch the final show (optional).

### THE STYLIST'S JOB

- Select a stunning outfit for your model to wear.
- Chew gum and talk loudly on your mobile phone.
- Wear enormous sunglasses while you dress your model.



### THE MODEL'S JOB

- Chew gum, talk on your mobile and demand things.
- Look bored while reading an important work of literature.
- Perfect your 'model walk' – head high, shoulders back, placing one foot directly in front of the other as though you're walking a tightrope.
- Most importantly, never smile.

### THE PHOTOGRAPHER'S JOB

- Talk to the model as you take her photograph saying things like 'Love the camera, darling', 'That outfit looks divine' and 'Look this way, this way – wonderful!'

### THE FINAL SHOW

Set up a 'catwalk' in the living room with chairs or cushions either side for your audience. Allow the audience in, get the music playing and send your model up the catwalk while the photographer takes shots of her and the audience applauds wildly.



## HOW TO GET THE SHINIEST HAIR EVER

If your hair's looking dull and dirty, it's time to take some action. A few extra treats will soon have it back to its shiny, healthy best.

- **Be A Water Baby.** Just as drinking lots of water can help brighten your skin, a good dose of H<sub>2</sub>O can keep your hair shiny, too.
- **Little And Often.** If your hair is looking less than glamorous lather up regularly with a mild shampoo to keep the dirt at bay.
- **Shampoo Dry Hair.** If your hair is ultra-dirty try applying the shampoo straight onto dry hair – leave for a couple of minutes before you get to work with water.
- **Get Conditioning.** Condition your hair regularly to guarantee silky, shiny tresses. This easy recipe works really well and saves you valuable cash.

You'll need:

- 5 ml/1 teaspoon of runny honey
  - A dash of vinegar
- 50 ml/3 tablespoons evaporated milk.

Mix the ingredients together in a bowl and cover your hair from root to tip. Wind a warm towel around your head and wait for 20 minutes before rinsing thoroughly. The milk will cleanse your hair, while the honey nourishes and the vinegar adds a gloss. Yummy.

- **Rinse, Rinse, Rinse.** Rinse your hair under the shower until the water runs completely clear to be sure no shampoo or conditioner is left behind – it will just make your hair look dull and drab again.

- **Get Brushing.** Groom your hair once or twice a day to remove built-up dirt and dead skin cells. Always brush thoroughly before you wash your hair to allow the shampoo to move easily through it.

**Top tip.** There's no point brushing your shiny hair with a dirty brush. Wash your brushes and combs regularly in a bowl of warm water with a dollop of shampoo and leave them to dry on a towel.

## HOW TO AIR KISS

Make sure you make a cool impression when you bump into friends. It's time to perfect the celebrity-style 'air kiss'.

Start by making sure that you look delighted to see your friend. Smile and widen your eyes and exclaim at how lovely she looks saying 'Darling', 'Honey' and 'Sweetheart' at the same time. Finally swoop towards her and almost touch her left cheek with yours and then her right cheek while saying 'Mwah' loudly each time.

