



## NAILS

### Personalised Nail Effects



"Use a shimmer eyeshadow on top of your nail varnish, followed by a clear top coat, for amazing tailor-made nail effects."

**Marian Newman,**  
backstage manicurist

### Nail Lengthener



"Try a reverse moon manicure where a lighter crescent shape is created above the cuticle instead of at the tip of the nail. It helps to elongate fingers – Blake Lively is a massive fan."

**Elle,** celebrity manicurist

### Manicure-Boosting Trick



"When you want your manicure to last longer, do what the pros call 'squeaking the nail'. Swipe a cotton wool pad drenched in remover over the nail bed. Then dip a cocktail stick into the remover and twist it into the pad until a few strands of cotton are wrapped around the end. Run this beneath the free edge of the nail and down the sides to ensure your base is perfectly clean before adding polish again."

**Jenny Longworth,** Revlon  
UK nail ambassador

### Polish Stain Remover



"To remove even the darkest nail polish shades, use a clean mascara wand dipped in nail varnish remover to clean around the edge of each nail."

**Samantha Freedman,**  
Look's Acting Beauty Editor

### Pro Polish Tip



"Really dark polishes tend to bleed a little before setting properly, so always leave a thin strip at the sides of your nails for an expert, neat finish."

**Marina Sandoval,**  
Bourjois nail expert



HOLLY FULFON

## BODY

### DIY Tanning Trick



"Using a foam mitt to apply fake tan is the best way to get an even finish and keep your hands clean, but if you don't have one, use a clean sports sock instead."

**James Harknett,** tanning expert

### Fat-Burning Booster



"Increase weight loss by adding cinnamon to your coffee. It's a great fat burner and sugar regulator!"

**James Duigan,**  
celebrity trainer



BUGGIRL



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### Freckle Fake



"Flick fake tan onto shoulders using an acrylic paintbrush to give a sun-kissed scattering of freckles that makes you look like you've been in the sun all afternoon."

**Jules Heptonstall,** St Tropez  
tanning expert

### Posture Perfector



"You can do this outside or indoors and it's perfect for perfecting your posture, which can instantly take off pounds. We call it the 'sunlounger swim'. Lying on your front on the sunlounger (or the floor), place your hands on your bottom with your palms facing up. Keeping your shoulders relaxed bring your arms around your body until they are touching out in front of you. While you do this movement, rotate your hands so you finish with palms facing down, then reverse the move. The challenge is to keep hands level with your body and not to let them drop towards the floor. Aim for three sets of eight reps each day to see a great improvement in your posture."

**Steve Mellor and James Osborne,** co-founders  
of Freedom2Train