

COSMOPOLITAN

FEBRUARY 2009 £3.30

GUARANTEED
30 DAYS
TO A
NEW
YOU

9 SECRETS
OF WOMEN
WHO ENJOY THE
best
sex

'I love
being
single'

Kate Hudson on
men & marriage

HOLLYWOOD BEAUTY
ON *A* BUDGET

DO YOUR MALE FRIENDS
SECRETLY WANT TO
SLEEP WITH YOU?

MEN CONFESS

DYING TO
BE THIN

'I TOOK 120 SLIMMING
PILLS & 40 LAXATIVES
IN ONE GO'

FASHION
miracles

WIN
£40,000
Is this your
lucky number?

1052693

331 BUYS TO BOOST YOUR BODY CONFIDENCE



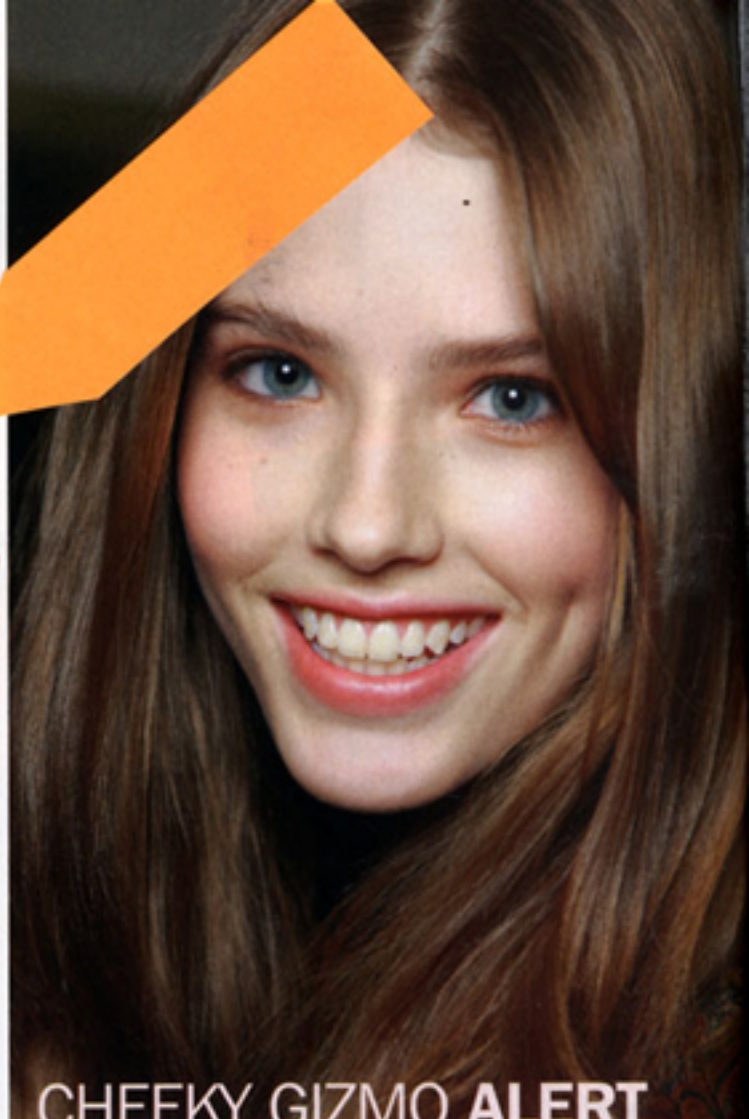
WWW.COSMOPOLITAN.CO.UK

BEAUTY insider

Get the scoop on winter's hottest hair shade, the perfect blusher and your new must-have beauty gadget

WARM UP FOR WINTER

Our unlikely new hair crush is Geri Halliwell, who has swapped her strawberry blonde for a totally scrumptious rich chocolate shade. "Now is a great time to opt for a velvety, dark colour like Geri's because it makes a great contrast with paler winter skin," says Clare Lodge, head colourist at the Paul Edmonds salon in London. "Before you commit, try on a wig to find a colour that suits your eyes and skin tone. [Selfridges and large branches of Topshop stock a good range]. Then use an intensive conditioner once a week to keep your colour vibrant." Try **Paul Labrecque Color Condition Protection Mud Mask**, £20.



CHEEKY GIZMO ALERT

Much as we love a bit of blusher, it's all too easy to accidentally overdo it. If you're guilty of going a bit 'Aunt Sally', try **New <ld I-Blossom**, £16. It's a cheek stamp that delivers exactly the right amount of silky colour with just one dab. Simply dot the puff once on the apple of each cheek and blend with your finger. That's it!



TALKING SHOP

Tips and tricks straight from the shop floor



"YSL Top Secrets Flash Radiance Skincare Brush, £34, gives you an instant radiance boost and makes skin feel like velvet. Use it on the plane as a mess-free, hydrating stand-by."

Kelly Anderson, Yves Saint Laurent business manager, Harvey Nichols London.



IPL HITS THE HIGH STREET

Intense Pulse Light Therapy (IPL) uses beams of light to disable hair growth in the follicle and experts think it's a more effective and less painful method of hair removal than laser or electrolysis. Now Dove Spa has introduced IPL to its high-street spas priced at 50% less than the industry average, so there's never been a better time to throw away your razors! From £46 a session (six to 10 are recommended), visit www.dovespa.co.uk for info.

THIS MONTH'S ECO HERO

We love the clever new **Babyliss Eco Dry Hairdryer**, £19 – it dries hair as effectively as a professional 2000W hairdryer but uses only half the energy. Now that's a glamorous way to reduce our carbon footprint.



WEB WATCH

CHECK OUT THE REVAMPED WWW.SPACENK.COM, WHERE YOU CAN SWAP TIPS AND OPINIONS ON BEAUTY PRODUCTS