

# HELLO!

HEALTH AND BODY GUIDE 2010

**SHINE LIKE A STAR WITH  
THE LATEST CELEBRITY DIET  
AND FITNESS TIPS**

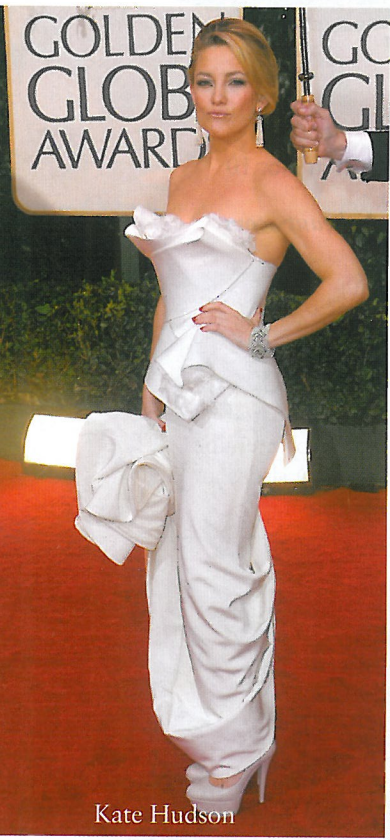
## **HEALTH AND BODY GUIDE 2010**

- Gwyneth Paltrow's health plan
- Shape up with the experts
- Detox the healthy way
- Cosmetic surgery - is it for you?
- Anti-ageing make-up tricks
- Revitalise at luxury five-star spas

# Brighten up

Once you have your health and beauty routine in check, it's time to revamp your wardrobe – so channel Hollywood glamour. Here's the latest colours to get you looking red carpet hot

## IT'S ALL WHITE



Kate Hudson

This classic colour is perfect for this time of year as it is both timeless and on trend. Team a crisp white shirt with skinny jeans and heels for the day, or opt for a feminine summer dress for alfresco evening chic. Kate Hudson also proves that a full-length white gown makes a bold and striking statement for Hollywood-style glamour.

Watch by Backes & Strauss  
[www.backes&strauss.com](http://www.backes&strauss.com)



Top by Monsoon  
[www.monsoon.com](http://www.monsoon.com)

Sunglasses by Chanel  
[www.chanel.com](http://www.chanel.com)



Dress by Glam On You at Soiree  
[www.glamonyou.com](http://www.glamonyou.com)



Bag by Dior [www.dior.com](http://www.dior.com)

Flip flops by Havaianas  
[www.havaianas.com](http://www.havaianas.com)

## SOLD ON GOLD



Toni Collette

Always associated with high style and glamour, gold is one of the most versatile and fashion-forward colours for day or night. For winter we saw black and gold complement each other, but this spring, gold is going it alone. Whether all-out glam like Toni Collette in a sequin gown or a more casual look with glitzy accessories, it's about time you were going for gold.



Ring and earrings by Carrera Y Carrera  
[www.carreraycarrera.com](http://www.carreraycarrera.com)



Shoes by Gina  
[www.gina.com](http://www.gina.com)



Trousers by Emilio Pucci  
[www.emiliopucci.com](http://www.emiliopucci.com)

Scarf by Jimmy Choo for H&M  
[www.bm.com](http://www.bm.com)

Top by Karen Millen  
[www.karenmillen.com](http://www.karenmillen.com)

Belt by Tatum  
[www.tatum.com](http://www.tatum.com)

Bag by Stradivarius  
[www.e-stradivarius.com](http://www.e-stradivarius.com)

Earrings by Aldo Accessories  
[www.aldoshoes.com](http://www.aldoshoes.com)

Shoes by Carolina Herrera  
[www.carolinaherrera.com](http://www.carolinaherrera.com)

Purse by Aeropostale  
[www.aeropostale.com](http://www.aeropostale.com)