

JOIN THE FANTASTIC FIT SQUAD ONLINE PLAN AND LOSE WEIGHT WITH OUR TEAM AT fitsquad.co.uk



Do you want to join our real women beauty test? You could sample the latest beauty products, email us: beauty@the-sun.co.uk

SUE & CHERYL



up alcohol for a month – and they lost almost TWO STONE between them. With 450 calories in three glasses of wine and 800 calories in four pints of beer, they soon started to slim down. Below are their diaries of the experiment and Amanda's top tips on following their example. If you do drink, stick to the recommended units a day – two to three for women and three to four for men. Ideally, people should only drink the maximum units once or twice a week and not "sove up" units and binge drink them all at once.

LUKE DODD Lost: 21cm

LUKE is from Paddock Wood, Kent, and is deputy editor of a trade magazine. **Weekly drinks before challenge:** 24 cans of lager, two bottles of wine, a small bottle of vodka. **Weekly booze cal:** 4,128.

WEEK ONE

The first week was tough. My mates tried to sabotage my efforts by sending me picture messages of pints and shot glasses to try to tempt me. I avoided bars all week as I just couldn't face the pressure. But I felt amazing. I was tucking in to much healthier food salad for lunch, as I was not craving carbs as much.

WEEK TWO

I braved the pub with mates on Monday. I didn't touch a drop and miraculously realised that I didn't need alcohol to put me at ease. I was chatty and happy and I remembered everything! Half way through the week my brother commented on my slim-line tummy and told me that I was looking like I had a "Ther..."

booze under my nose, but I wasn't interested. I felt full of energy and alert and didn't show myself up as I have done in the past. On Friday, I was frightened to step on the scales – but my clothes and energy levels suggested I had lost weight. I was so excited when I realised I'd lost 11lb in just four weeks.

LUKE'S VERDICT

I am amazed that I managed to lose that much weight from giving up booze. What I realised is that without it I am a lot less hungry. Gone were the late-night trips to the kebab shop and early-morning carb-binges after a session. I also have some savings in my account for once – which is brilliant.

STATS
Height: 6ft 2in
Weight before: 14st 10lb
Weight after: 13st 13lb
Weight lost: 1st 7lb

tried & tested

NEED a good detox after all the partying over the festive period? Here's my round-up of our favourite detox products to help you get back on track.

- Naked Detox Cleanse Shampoo**, £3.91, nakedbody-care.co.uk or Boots: Has a lovely peppermint smell and leaves hair deeply cleansed.
- Australian Organics Exfoliating Body Wash**, £4.49: Infused with walnut shells to help get rid of dead skin cells.
- Lakdare Naturceuticals Clean Foaming Cleanser**, £14, touchmy-face.co.uk: With aloe vera for soothing, it leaves skin feeling revitalised.



You little beauties

WE PICK OUR FAVE PRODUCTS FOR 2010

EVERY year a whole host of new lotions and potions hit the market promising to help us look young and beautiful. Here's our guide to the top new products for 2010.

- MAKE-UP**
Clinique's High Lengths Mascara has a curved "w"-comb applicator to stretch and define lashes without clumping or flaking (£14.50, nationwide). We love products that work that little bit harder. **Foundation Bourjois Healthy Mix** is a new formula bursting with fruit ingredients. It promises a radiant complexion with 70 per cent more brightness (£5.99, for stockists call 0800 269636). Bring some drama to dull January days with a head-turning new lipstick. **Marks & Spencer Essential Colours** line promises full-on moisture in one application (£2.50, Marks & Spencer).
- SKIN CARE**
Clarins Gentle Beauty Soap contains Shea butter to nourish and has a natural organic and is suitable for the face and body. With a citrus blend of orange, lemon, bergamot, mandarin and grapefruit it smells great, too (£12, for stockists go to clarins.co.uk). The quest to banish wrinkles goes on and **Nat7 Instant Illusion Wrinkle Filler** has a unique blend of light diffusing properties designed to smooth lines and improve skin texture (£16, Boots). We all suffer from dark circles at some point. **Dark Circles 2-in-1 Tinted Eye Roll** could be the answer. The tint disguises dark circles and the gel hydrates and refreshes (£9.99, nationwide). Give your skin a luxurious treat with our **Fabulous Serum L'Occitane** for the concentration of Shea butter to repair and regenerate your skin (£28.50, for stockists call 0207 907 0301).
- HAIR**
Pollutants in the air, heated styling products and a busy lifestyle can wreak havoc with your hair – Trevor Sorbie's **Professional Moisture Mask**. This product helps restore hair and increase resistance to damage (£4.99, for stockists go to trevorsorbie.com). If you want messy up-hair without the shine, try **VOO's Extreme Style Matt Paste**. It will help you texture and gently mould dishevelled locks (£3.99, nationwide).

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NATY PERRY loves the feathered, false eye lashes from Stargazer, which she uses while on tour (£4.50, stargazer-products.com).

The new **Rehydrating Rose Facial Polish** from Neal's Yard. This gentle facial polish is perfect for buffing dead skin cells from weather-worn faces (£14.50, call 0845 2623145 for stockists).



Australian Organics Exfoliating Body Wash, £4.49: Infused with walnut shells to help get rid of dead skin cells.