

DAILY STAR SUNDAY

by Dominique Ayling
AWARD WINNER
 at the Johnson & Johnson
 beauty Oscars

TRIED & TESTED
Rejuvenating Face Mask

THE COSTA DEL SLIM

Barcelona Bloop Curfs: Hold a dumbbell or small bottle of water in each hand with your arms by your sides. Lift halfway for ten reps, then lift from halfway to the top for another ten. Finish with ten lat reps.

Bullfighting Squats: Holding a weight in each hand, stand as if you were sitting on a chair. As you stand up push your right foot backwards - the extra resistance really tones thighs. Bring the foot back to its correct position, squat down and repeat with the left foot.

Catalan Curl Ups: Lie on your back with your knees bent and hands above your head. Curl your shoulders off the floor and alternately lift one knee up while taking the arms either side of the knee. Lower down and repeat with the other knee.

Marbella Butt Lift: Lie face-down, resting your head on your forearms. Raise alternate legs from the hip, keeping them straight and extended and your pelvis pressed into the floor.

Leaping Knee Lifts: Standing tall, jump up, tucking your knees up towards your chest and stop your shins for a fun, yet effective, all-over body workout.

When the time comes - make sure you can take the common cold, flu, and other respiratory viruses with a healthy smile. Only the best immune and health supplements can help you stay fit and healthy all year round. See TV and Radio for details on your favourite brands.

Get your skin - the most important part of your health. This is the only essential vitamin - Vitamin E - that can help you keep your skin healthy and hydrated. This is the only essential vitamin - Vitamin E - that can help you keep your skin healthy and hydrated. This is the only essential vitamin - Vitamin E - that can help you keep your skin healthy and hydrated.

Back skin boost: Manage oxidative damage with Vitamin C & E. Back skin boost.

Beauty bargains: Fresh Tinted Change Confidence Moisturiser £5.99. Back skin boost.

Carpe diem glow: SkinVitals G-Energize Cloth Facial Treatment Mask £2.99.

For more information on the Perfect Package sign up to the back your summer holiday mail. XL.com or call 0171 371 3011.

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Rejuvenating Face Mask

SKINVITALS
the best of skin care

G-Energize
 Anti-Stress Rejuvenating Invigorating Cloth Facial Treatment Mask
 *Glowing + Gorgeous Skin

SkinVitals G-Energize Cloth Facial Treatment Mask £2.99

3/5

Refreshing & revitalising