

take5 look good, feel great

TRIED & TESTED

Fabric face masks

AROMATHERAPY TONIC
Montagne Jeunesse Aromatherapy Tonic 97p
Leaves skin refreshed
3/5

Grace Your Face
Pre Date Brightening Mask £3.99 for two masks
Superdrug
Instant lift
3/5

SKINVITALS Q-Lift Mask £2.99 Boots
Tightens & brightens
4/5

Amirose PureDerm
Whitening Facial Essence Mask £2.99 for two masks amirose.com
Gives a radiant glow
3/5

L'OREAL REVITALIFT
Intensive Treatment £13.99 for four masks
Beauty boost
3/5

DANCE YOUR FLAB AWAY

Strictly Come Dancing star Karen Hardy shows you how to get the body of your dreams

Dancing burns around 300 calories an hour and is a great body workout – just ask the stars involved in the last series of Strictly Come Dancing. Rachel Stevens loved the effect the weekly dance classes had on her body, firming up her size eight figure. "There is nothing like dancing to keep you fit, really comfo

Karen is married to fellow champion dancer Conrad Murray, and they have a four-year-old son, Calum. She says that Sir Alan Sugar or Gordon Ramsay would be her ideal Strictly partners. "They are so passionate about their careers. I think they would understand my dancing passion."



Inside Full 7-day TV guide
Rhydian 'I like sex and I'm no prude'
take5
FREE WITH STAR MARCH 29, 2009
Stripping for surgery
'I performed 1,500 lap dances to buy my dream body'
Michelle Heaton 'I have no regrets'
Chanel look-alikes from £6
Win! A cooker worth £1,000

SKINVITALS
Tightens & brightens
£2.99 Boots
4/5