

Monday, January 4, 2010 Sun 37

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

beauty



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 "save 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 cats: 4,125.

WEEK ONE

The first week was tough. My mates tried to sabotage my efforts by sending me pictures of some and shot glasses to try to tempt me. I managed bars all week as I just couldn't face the pressure. But I felt amazing. I was looking in to much healthier food like porridge for breakfast and asst 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! Had heavy through the week. My brother commented on my slim-line tummy and told me that I was looking like I had a "beer belly" before.

WEEK THREE

I got up early every day to go jogging as I wasn't hungover and tired like I normally am. Without the post-drink level, there were no munchies and my diet was good. I discovered that fish can steamed veg as it is on the chips. At a fancy dress party, I was so close to breaking - I even had a gulp of beer with one of my mates. But Jennie was there, too, so we supported one another and kept well away from the bar.

WEEK FOUR

It was my brother's birthday party this week. Even my parents and aunts were putting

STATS

Height: 6ft 2in
Weight before: 14st 10lb
Weight after: 13st 13lb
Weight lost: 11lb
Waist before: 100cm
Waist after: 91cm
Tummy before: 107cm
Tummy after: 95cm
Total cms lost: 21cm
M o n e y saved per week: £11
Approx £55



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.

Natural Detox Cleanse Shampoo, £3.99, naturalbodycare.co.uk or Boots.com. Has a lovely peppermint smell and leaves hair deeply cleansed.

Australian Organics Sulfating Body Wash, £4.99, organics.com.au. Contains natural oils to help get rid of dead skin cells.

Laidbare Natural Cat's Claw Face Cleanser, £14, touchmyface.co.uk. With alpha arbutin, it's great for soothing, it leaves skin looking radiant.

Skin Vitals T-Purify Cloth Mask, £2.99, Debenhams. Quick treatment mask to remove all impurities and also replace moisture.

Clarins Gentle Soap, £11.50, clarins.co.uk. Cleanses and hydrates.

Healthy Mix, £4.99, healthy-mix.com. A delicious detox drink.

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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
Dramatic eye make-up and stand-out lashes are tipped to be hot this year. **Clarins's High Length Mascara** has a curved wiper comb applicator to stretch and define lashes without clumping or flaking (£14.90, nationwide). We love products that work that little bit harder. **Foundation Bourjois Healthy Mix** is a new formula based with fruit ingredients. It promises a radiant complexion with 70 per cent moisture (15.99, for stockists call 0800 200030). January days with a head-

turning new lipstick **Marks & Spencer Essential Colours** in a stunning bright tangerine promises full-on moisture in one application (£3.50, Marks & Spencer).

SKIN CARE
Clarins Gentle Soap contains shea butter to nourish and hydrate 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 wrinkle skin goes on and **No7 Instant Hydration 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. **Maybelline Caffeine Anti Dark Circles 2-in-1 Tinted Eye Balm** 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 **L'Occitane Fabulous Serum** for the face. It contains a high concentration of shea butter to repair and regenerate your skin (£26.50, for stockists call 0207 907 0011).

HAIR
Pollutants in the air, heated styling products and a busy lifestyle can wreak havoc with your hair. Give it a regular treat with **Tresemme's Professional Moisture Mask**. This product helps restore and replenish dry, damaged hair and increases resistance to damage (£4.99, for stockists go to tresemme.com).

If you want more up to the hair, try **Matrix V05's Extreme Heat Moisture Mask**. It will help you texture and gently mould hair into a wonderful dishwater curl (£3.99, nationwide).

celeblove welove

KATY PERRY loves the feathered hair eye lashes from **Stargazer**, which she uses while on tour (£4.50, stargazer-product.com).

THE new hydrating **Real Facial Polish** from **Neod's Yard**. This gentle facial polish is perfect for buffing dull skin cells from weather-worn faces (£14.50, call 0845 262345 for stockists).

EACH DRINK TOTS UP

SWAP a pint of premium lager FOR two slices of wholesome toast with peanut butter. SWAP a Long Island Iced Tea (250 cals) FOR a large slice of Domino's Meat Lovers pizza and plain side salad with no dressing. SWAP a bottle of WKD Blue (180 cals) FOR a Cadbury Flake.

Caubelle Contouring Concentrate, £24, Debenhams. Helps to break down and flush out toxins and reduce the appearance of damaged looking skin.

SKINVITALS
The new way of skin care

T-Purify

Moisturising Cloth Mask
Removes Impurities & Replaces Moisture

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Quick treatment mask to remove all impurities and also replace moisture.