



FEMININE WILES

SHE'S FRAGILE, SHE'S FELINE AND SHE'S EVERYWHERE. WHY MODEL JESSICA STAM IS THE MOST WANTED GIRL IN FASHION

style

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MATT
ROBERTS

WORKING IT



TONING UP

An hourglass figure may be the sexiest body shape for a woman, but perfect proportions can easily grow into unwanted curves. Here's how to tone your body in all the right places.

Reverse flies: to accentuate your chest Stand with your upper body bent forward at 70 degrees, with your hips and arms pointing towards the ground. Raise your arms out and behind you to a point level with your shoulders, keeping them almost straight. As you raise your arms, squeeze your shoulder blades together. 20 reps

Hyperextensions: to strengthen the lower back; good for posture Lie face-down, with your hands under your chin. Lift your chest and torso off the ground, keeping your head in line with your spine. Do not let your feet rise. Tense your buttocks as you lift, and keep the movement slow and controlled. 10 reps, hold the top position for five seconds. Repeat the sequence three times

Body lift: to tone your bum and back of thighs Lie on your back with your heels on a step or a low chair and your knees at a 90-degree angle. Place your arms by your sides, with your palms facing down. Raise your pelvis and body until you are in a straight line from your knees to your chest. Squeeze your buttocks while in position. Slowly lower to start position and repeat. 30 reps

Hamstring curls: to prevent bum-sag Lie on your back with your feet resting on top of a stability ball. Your body should be entirely straight, with your arms by your sides and your palms on the floor. Keeping your hips high, gently push your heels into the ball and roll it towards you, using both legs evenly. Straighten the legs to return to the start position. 25 reps

Repeat this sequence of exercises three to four times a week

BODY MATTERS

WHAT YOU SHOULD BUY

SOOTHING SCENT

You could be losing sight of the spiritual side of yoga if you think you need to burn a special candle while performing your sun salutations. But Calmia's new candles do have gorgeously calming scents, and will also take your mind off household smells when you're practising in your living room. Nirvana candle, £29; 0845 009 2450



WHAT YOU SHOULD TRY

FROM THE INSIDE

If colonic irrigation sounds too daunting, there's a less intrusive way to give your insides a spring-clean. Chrisbar's Oxy Powder tablets (£29.95; 01428 642266) and Blessed Herbs Colon Cleansing Kit (£50; www.blessedherbs.com) start to flush out your system immediately – our tester lost 2kg after her course. Her advice? Make sure you have plenty of time for regular loo breaks.



WHAT YOU SHOULD KNOW

FITNESS QUICKIE

If a mad pre-Christmas workload is threatening to disrupt your exercise routine, Holmes Place's new half-hour workouts may be just what you need to keep fit during busy periods. Log on to www.holmesplace.co.uk and check out the timetable at your nearest branch to find out when the bite-sized spinning, treadmill-trekking and ab-attack classes are held.

By Helen Brown

