

THE WEEKLY GUIDE TO YOUR LIFE, MEN, SHOPPING, CELEBRITY

more
WEEKLY

100
SEXY NEW
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HEARTBROKEN
STARS FIGHT BACK



CHERYL'S A-LIST
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Exclusive!

FINALLY JORDAN REVEALS HER NEW BODY!

PLUS: 'My battle with drink, drugs & surgery'

AMAZING
REAL LIFE 'I slept with my fiancée's mum... at my engagement party'



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3. WHAT'S THE SECRET OF A SEXY BACK?

Everyone's getting their back out. So make sure yours is ready...

Backs are the new boobs – it's official. Sienna and Posh have got theirs out already (er, not their boobs), but our backs have been trapped under massive jumpers all winter, and we're a bit nervous about showing the world. So we got three experts to help us prepare...

PERSONAL TRAINER

Anthony Myatt, says...
"The best exercise is a back raise. Lie face down, with your feet together and toes pointed into the floor. Put your hands on your head and raise your shoulders off the floor. Pause for one second, and lower down. Breathe out as you go up and in as you go down. Repeat 12 times in three sets."

MAKE-UP ARTIST

Bethany Rich, says...
"Exfoliate your back, coat it with oil-free moisturiser and apply MAC face and body make-up to make it glow. Dab concealer on any blemishes, but avoid powder if you want it to look natural."

FASHION EDITOR

more's Sally-Anne Argyle, says...
"With backless dresses, tilt tape is essential. Also invest in some supportts from Fashion First Aid at www.aos.com. Then, wear your pendant necklaces backwards, or sew chains from one shoulder to the other across an open-backed dress."



Sienna Miller

Take note Posh, this is how you do a sexy back. You've no excuse now



Victoria Beckham

You should have asked David for a hand. Or at least looked in a mirror



Pendants & make-up



DEBENHAMS, £10



MIKEY, £60



CLINIQUE ANTI-BLEMISH SOLUTIONS BODY SPRAY, £15

LANCÔME FLASH RETOUCHE, £22



THE BODY SHOP LOOFAH BODYMIT, £5



MAC FACE AND BODY FOUNDATION, £25