

**intra**ceuticals  
it's in the skin

# WOMAN

## Burn fat FASTER

Foods that actually help you lose weight



**Paul O'Grady**

'I had no idea I was married for 25



**Life after Eastenders**  
**Samantha**

20% OFF  
BRANTANO  
SHOES

## CELEBRITY FAVOURITES!

You don't need a celebrity budget to look as radiant as an A-lister. Here are their favourite ways to unwind after one too many late nights...

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Looking for love  
**Might Mr Wrong**  
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Can do other  
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SAVE



### MADONNA

**LOVES** O2 Intra2  
**Oxygen Facials, from £125,**  
**The Chelsea Day Spa** uses  
the latest technology to  
plump and firm sagging  
skin - perfect before a big  
night out. Call 020 7351 0911 to book.

**AT HOME** Give skin a spa-quality cleanse  
with the lightweight **Intra2  
Cleansing Gel, £30.95, [intra2.com](http://intra2.com)**

AUGUST 2011  
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UK, August 2011