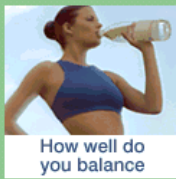


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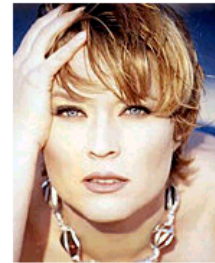


face & body

Supermodels: Cutting it as a Plus Size

Christine Alt's clients don't care if her plane arrived five hours late and she got to her hotel room at 3am. They just want the Ford agency star looking fabulous at 5am when the sunlight is best. Such is the life of any model. But what about life as a super, as in plus size, model? Alt began modeling life as a Size 12, starved herself to a Size 4 to please the fat-pinch industry, and over 10 years later, remains successful and in demand at her natural Size 14. Could it be that that fuller figure models like Alt (pictured) and Sophie Dahl are finally less of a fashion peddler's token gesture, and more their smartest role model? We talk to plus size models about thick skins and self acceptance and find a clothing company that's putting some shape back into style... [read on >>](#)

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Celebrity Cosmetic

A star's 'secret' to maintaining her fabulous face is hardly worth its swanky packaging or special ingredients unless *everyone* knows how spesh it is. Marisa Tomei has a big secret, Michelle Pfeiffer knows it, and so does Catherine Deneuve, who probably heard it first. Now it's taking Hollywood by storm. With its very special ingredients and list of celebrity converts, this range has so much cachet it almost deserves its own star trailer... [read on >>](#)

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Lounge Around: Dance, My Latin Love!

What red-blooded woman hasn't daydreamed about being held close and swept up into a swirling eddy of grace and movement? I'm talking about the intoxicating beauty of Latin dance. The lovers' dance. Yes, it's Latin that makes me swoon and for good reason. Quite apart from the physical benefits of cultivating legs to die for, Latin dance is about passion and soul fire. You can't do it properly without it. But learning to dance was one of those things I always wanted to do and somehow never got around to doing. Until Fate bossanova'd in... [read on >>](#)





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Just because she's wet, a bit drippy, a girl doesn't need to look like a small, furry drowned creature too...



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Speed Up Your Metabolism

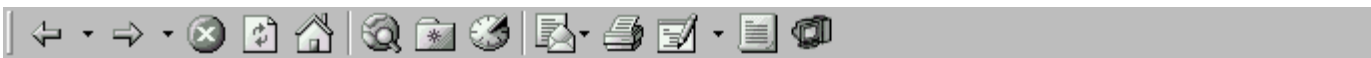
You think you've got a sluggish metabolism? Exercise doesn't seem to shift the kilos right? Lots of people like to blame a slow metabolism on their inability to lose excess weight. So what's the deal? Well, we've got the answers and the tips on how to speed up your system to keep yourself in peak condition... [read on >>](#)

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your diet and activity level.



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