

# eve

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## Angelina

The story that will change your mind

# New wardrobe new body



Not sure your legs are up to this season's city shorts? Baulking at backless tops? Then you need these fast figure fixes for summer fashion. Now all the trends will suit you beautifully

PHOTOGRAPHS: Grey Zisser  
WORDS AND STYLING: Annabel Jones

The trouble is, the gypsy skirt and the kaftan gave us all a year off. No diet and no exercise were required to look sexy in those. The bad news, ladies, is that figure-hugging clothes are back, and so is the diet and workout regime. From slinky off-the-shoulder tops to pencil skirts, the look is subtly sexy, flaunting just a touch of skin. But the bits you *do* show should reveal a love of the gym rather than a night on the sofa with Pringles!

For fast results, try this easy programme, by top holistic trainer Claud Serjeant. Do it three times a week, and add a brisk 30-minute walk, daily, to burn off fat. Eat well, too, and within two to four weeks, everyone will be asking what your secret is. (PS, tell them to read, well!)

## SPRING MUST-HAVE

### Tailored shorts

#### FIGURE FIXER: THE PERT-BOTTOM SQUAT

The best exercise for improving the overall tone of your thighs and bottom is the squat, and all you need use is your own body weight. Stand with your feet shoulder-width apart and turned out to around 30 degrees. Stand up straight, draw your belly button inward and slowly squat down by bending your legs and sticking your bum back, keeping your weight in your heels (maybe do this by yourself with the curtains drawn!). Stop just before your thighs are parallel with the floor.

Your torso should stay behind your toes so you don't stress the knee joints. Come back up to a standing position, keeping your stomach pulled in, back straight, head up. Try 15 to 20 repetitions with a one minute break between sets – and aim for three sets.

**BEAUTY BOOST** Daily body brushing will help give you saddlebag-free thighs in no time – try the Elemis Skin Brush, £16, and use sweeping upward motions. But for a super-firm butt, go one step further to enhance your good work. YSL Profil Minceur, £32.50, is a brilliant new body-slimming lotion that promises an 85% visible reduction in cellulite. Hurrah! >

## Annabel Jones

**Weighing in at 12½st after giving birth to twins, eve's beauty director Annabel, 33, took drastic action to get her pre-pregnancy figure back.**

'When I found out I was having twins, I knew I'd grow larger than most new mums. A small price to pay for two little miracles – but what I didn't realise was just *how* my body would change.'

The defining moment came the day I took my new babies home from hospital. As I attempted to negotiate my arms into the previously roomy parka I'd last worn a year before, reality struck. It didn't fit – anywhere. I had lost the huge baby bump, but my frame was as wide as a truck. My midwife explained that during pregnancy, your ribs and back expand to make room for the baby, but "in most cases" your body goes back to normal. Great. I'd expected weight gain, but I was faced with a body like a linebacker's.

'When I got home, I did the inevitable. I weighed myself. I was shocked to find I weighed 12½st. But with no time for the gym, what could I do? The first thing I did was to stop the junk and ban sugar. As far as everything else was concerned, I ate what I wanted. Exercise was limited to walking around the park with the twin buggy. After three months, I was walking for up to two hours a day and, to speed up my weight loss, I invested in a meal-delivery service for a month. They provided me with a calorie-controlled menu – on a typical day muesli and fruit for breakfast, goat's cheese salad for lunch, and tortilla for dinner. It was pricy, but the food was delicious, and having meals prepared stopped me reaching for the biscuit tin.'

'Next, I employed Claud Serjeant, a personal trainer who understands post-pregnancy bodies. He worked out a routine using a stability ball, which forced my body to fire the abdominal muscles stretched during pregnancy. I did half an hour three to four times a week and kept to healthy low-carb meals. My weight dropped to 10½st, but when I tried on my old jeans, I couldn't squeeze them past my hips. It was my lowest point.'

'Six months in, I stepped up my routine and started running. On my first few runs, I felt as if I was hauling a backpack full of unwanted fat, but it became my lifeline. I bought myself an iPod so I could listen to music, and



Dress, £125, Hobbs.  
Shoes, £65, Office

**9½st**

soon I was running for up to an hour at a time. After nine months, I was back to 9st – and back in my jeans.

'Now the twins are older, I get plenty of exercise running after them, which is just as well because being back at work doesn't leave much time for the gym. I'm now a comfortable 9½st but, to be honest, I feel OK as I am. After I've finished work, I rush home to see Lily and Joseph, and if I've any energy after I've put them to bed, I'll go for a run. But if not, I don't worry too much. I've two more important things to worry about now.'

### My weight-loss secrets

● 'Fit in what you can. On days when I didn't feel up to exercise, I would say

to myself, "10 minutes is better than nothing", and often achieved more.'

● 'Use a stability ball. It forces you to engage your core muscles, which become weak during pregnancy.'

● 'Work in three-month chunks. Giving yourself time to get back into your jeans means you're not setting unattainable goals.'

● 'Rethink your hair and make-up. It helps you feel glamorous even if you're body isn't its usual self.'

● 'Start running. It's free and the benefits go beyond weight loss.'

*Claud Serjeant personal training, 07946 329549; [www.claudserjeant.com](http://www.claudserjeant.com). Pure Package meal delivery, 0845 612 3888; [www.purepackage.com](http://www.purepackage.com). >*

**12½st (after giving birth)**



## SPRING MUST-HAVE

## A sleeky off-the-shoulder top

EXERCISE TIP: THE  
SEATED SHOULDER PRESS

Take a one-litre bottle of water in each hand and stand up straight with feet shoulder-width apart. Draw your belly button inward and hold the water close to your chest – palms facing your chest, elbows pointing to the floor. In a continuous, smooth motion, lift your elbows 90 degrees out to the sides, up to shoulder height, and raise the bottles above your head; then slowly reverse the action back to your starting position. Focus on the horizon to stabilise your neck and head. Aim for two to three sets of 12 to 15 reps, with a 45-second break between sets.

**BEAUTY BOOST** For a smooth neck to go with your toned shoulders, get moistunsing! La Prairie skincare expert Jo Jackson says: 'The skin on your neck has less collagen and is more vulnerable to ageing, so it needs a different moisturiser to your face.' Try La Prairie Cellular Neck Cream, £85, or Prada Reviving Night Bio-firm Concentrate, £105.

**SPRING MUST-HAVE**

## A snug-fitting pencil skirt

**FIGURE FIXER: THE SLIMLINE CALF RAISE**

While high heels will elongate ankles and calves to look slimmer, a little bit of extra help will make all the difference in defining leg shape. You need either a step or a thick (non-slip) book for this exercise. Stand on the step with both heels over the edge. Support yourself by holding onto the banister or the back of a chair. Feeling a slight stretch in the calves and maintaining good posture, tiptoe as high as possible to contract the calves, then slowly lower back to your starting position. Aim for two to three sets of 15 to 20 reps with a 45-second break between sets.

**BEAUTY BOOST** Tanned equals toned when it comes to legs, so invest in a tried-and-trusted self-tanner with a touch of shimmer to highlight your shins. Our favourite is St Tropez Shimmering Bronzing Mist, £30. If you prefer to go shimmerless but still hanker after that slimming effect, smooth a tiny amount of Vaseline or baby oil down the centre of your legs after your self-tan has dried.

Silk vest and skirt, both Alberta Ferretti. Sandals, Prada. Necklaces, from a selection, Merola.

For details see stockists page.  
Make-up: Claudia Perschmann at DWM.  
Hair: Dan Sharp at Ray Brown.  
Model: Magdalena Wrobel at IMG.  
With thanks to Las Alamandas Resort, Mexico; [www.alamandas.com](http://www.alamandas.com).  
To book, call 00 52 322 283 5500 or email [infoalamandas@aol.com](mailto:infoalamandas@aol.com)

For personal training (in London) with Claud Serjeant, call 0794 632 9549 or visit [www.claudserjeant.com](http://www.claudserjeant.com)

### TIGHT ARM CURLS

There isn't a diet in the world that will help banish bingo wings, but toning triceps (the underside of your upper arm) will. Kneel on the floor with your ankles crossed. Place your hands shoulder-width apart on the floor in front of you, elbows towards your feet. Keeping your neck in line with your

two to three sets of eight to 10 reps, with a 45-second break between each. Now for your biceps. Stand with your feet shoulder-width apart. Hold a (full) litre-bottle of water in each hand by your side, palms facing up. Slowly lift the bottles up towards your shoulders, keeping your elbows tucked in. Squeeze your upper arms,

**BEAUTY BOOST** Once you've got definition in your arms, you can highlight their wonder by banishing lumps and bumps. Exfoliate daily using a natural, non-irritating scrub such as Green People Organic Sugar Scrub, £14.99. Then slather on Dr Hauschka Rosemary Leg And Arm Toner, £21, to add to their tone. >



Dress: Amanda Wakeley  
Gold cuff: Merola