

SUPPLEMENT OF THE YEAR

YOU

FEBRUARY 2008

WIN A £1,000 SHOPPING SPREE AT PHASE EIGHT

IF THE DIET FITS
The real secrets to successful weight loss

WARDROBE WORK-OUT
Make your clothes earn their keep

PASSIONISTA!

WHY PENELOPE CRUZ IS AT BOILING POINT

STYLE NOTES BETTINA VETTER



CLUTCH, £110, Anya Hindmarch, tel: 020 7730 0961



MICHAEL KORS

KEIRA WRIGHTLEY

MAXMARA



SKIRT, £45, Principles, tel: 0870 122 8802



COAT, £199, Karen Millen, tel: 0870 100 1030

Sing the BLUES

Winter's navy is blossoming into cornflower for spring. Here are our hot picks



SHOES, £125, Studio TML5, studio5mls.com



WATCH, £120, Tey Watch, tel: 020 7387 5...



18-CARAT GOLD AND KYANITE EARRINGS, £350, Laura Hayward, from astleyclark.com



NECKLACE, £59-90, Hosa Intrapia, tel: 020 7387 3549



SHOES, £148, Hobbs, tel: 0845 313 3130



BAG, £155, Sisk, rickishop.com



BLOUSE, £30, F&B Circle, tel: 020 8753 9112

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