

Free with **DAILY STAR SUNDAY** June 13, 2010

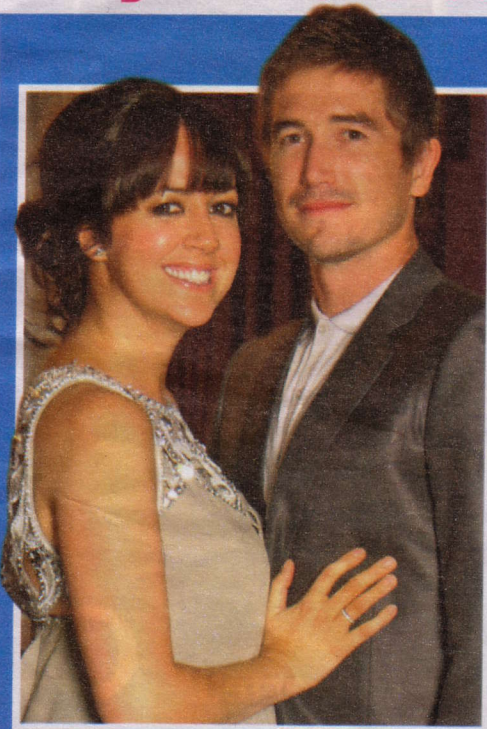
take

The WAG issue

Emile Heskey's missus Chantelle

Meet the new queen WAG

Hollyoaks' Sheree Murphy



On long distance love with footie hubby Harry

Plus: Full 7-day TV guide



TRIED & TESTED

Intensive conditioners



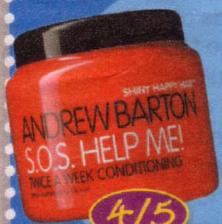
It's A 10
MiracleHair
Mask £14.98
Sally Salon
Services
0870 0500 868

4/5 Leaves hair silky

L'Oréal Paris
Elvive Full
Restore 5
Replenishing
Masque £4.99



Makes hair more manageable 4/5



Andrew
Barton SOS
Twice A Week
Conditioning
Treatment
£4.97 Asda

4/5 Transforms parched locks

V05 Frizz
Relief Elixir
1 Minute
Smooth
& Shine
Treatment
£3.25



Smooths unruly frizz 5/5



Last Call
Hair Masque
£7.99
sallyexpress.
com

4/5 Strong smell but leaves locks shiny

14 take5

Faking it

Turn up the glam dial like gorgeous Abbey Clancy

There is no such thing as 'wash and go' in the WAG world.

This level of glamour takes real maintenance. To get the wow factor, like Abbey Clancy, you need a glowing tan, long luscious lashes and stunning nails.

And if you haven't got those attributes – fake it.

Model Abbey, 24, is naturally gorgeous – but she knows how to make the most of her looks.

Abbey, who is engaged to Spurs and England player Peter Crouch, tops up her tan with **Palmer's Cocoa Butter Natural Bronze** £4.88. But she likes the natural look when she's not working.

"I don't worry much about my looks," says Abbey, right.

"I'm happy and in love and that's the most important thing.



Julie Coates

"I like to keep things simple, so during the day I'll just go for some tinted moisturiser, a bit of mascara and lip gloss. I love **Lancôme Juicy Tubes** £14 – Cerise is my colour."

Abbey is lucky enough not

to have to exercise much to keep her curves in check, but she does want to boost her fitness.

"I want to start at the gym, just to keep fit. Pete took me on a jog and after six minutes I thought I was having a heart attack. I couldn't breathe."

Beauty therapist Julie Coates, who owns The Lanes Health And Beauty in Brighton, has worked with Sarah Harding and appeared in ITV2's What Katie Did Next. So she knows a thing or two about being groomed and gorgeous.

Here she shares her top tips on tanning, false nails and fake eyelashes.



Nail it

● If you're having nail extensions at a salon, check what product is used. MMA – Methyl Methacrylate – was a commonly used ingredient when nail extensions first came out, but caused skin allergies and, in some cases, loss

of nail plate. MMA is illegal in the USA but is still used in some UK salons.

● Fairly short and square nails with slightly rounded corners are on-trend. When filing your nails, don't saw – always go in one direction.

PHOTOGRAPHS: CELEBRITY PICTURES/DAVID VENINI

No7 French Manicure Set
£10.50 from Boots



2true True Colour
Nail Polish in Shade
No 4 £1.95 each
from Superdrug



YSL French
Manicure £32



Elegant Touch Classic
French Nails £5.95



