

BLISS

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Fashion icon

FEARNE

Like you've never seen her before!

EXCLUSIVE *BLISS* MAKEOVER

Would **YOU** play gay?
Meet the girls who do

INSIDE HIS HEAD

Why your mates freak him out

Style your shape



Retro dresses



Max volume



Just like Fearne's

New season trends to suit your body

REAL LIFE BULLIES

- Smearred with poo
- Dumped on Facebook
- Teased for being a lesbian

Just how insecure is Alex Pettyfer?

SHOCK INTERVIEW!

Why boys bug out

And how to fix it - fast

JLS GET NAKED!

The mate escape

Do you need to do a Cheryl?!

PLUS

- Pixie Lott
- La Roux
- Florence + The Machine





Face facts

*Revealed! The secrets
to clear and healthy skin*

The weather, exams, boys, hormones and life in general can cause havoc with even the clearest skin. Plus, there are so many products that promise to blitz those zits, deciding how to deal with pimples can be tricky.

“Sadly there’s no miracle cure, but there are ways to help your skin,” says Nicola Dine, head beauty therapist at Michael Van Clarke salon in London. “Drink plenty of water, as it’s essential for carrying nutrients to the skin and toxins away from the cells. Eat lots of fruit and veg and exercise regularly to increase blood flow to the skin. Daily cleansing, toning and moisturising will also benefit the skin.”

- 1 Oyl! No Gunk Foaming Anti-Bac Face Wash, £9.99
- 2 YonKa Lotion, £32 each
- 3 Amie New Leaf Skin Exfoliating Polish, £4.95
- 4 Tesco My Skin Not-A-Trace Gentle Eye Make Up Remover, £1.99
- 5 Dermalogica Clean Start Ready, Set, Scrub!, £14
- 6 Dermalogica Clean Start Hit The Spot, £15

What you'll need...



HOW TO... FACIAL

Getting into a daily routine is essential to maintaining a healthy complexion

STEP 1 PRE-WASH

Sweep all your hair back to ensure you can get to those areas where congestion and breakouts can appear, especially around the hair line. Massage your daily face wash into damp skin, using circular movements, for about a minute. Include under your chin, neck and décolletage (the area above your chest). Rinse thoroughly with warm water.

STEP 2 CLEANSER

Apply a light cream cleanser, paying special attention to areas that are prone to dryness such as around the cheeks, behind the ears and around your nostrils. Leave on for a minute, then wipe off with damp cotton wool. Avoid the skin around your eyes, as this area is delicate – use a specific eye make-up remover to remove traces of make-up.

STEP 3 DEEP CLEAN

Face masks are best applied once a week to clean skin. Clay masks are good for oily complexions, while creamy formulas work well for skin in need of added moisture. Exfoliators – depending on your skin type and the product – can be used daily. Use gentle, circular motions to unclog and ditch dead skin. With both treatments, smooth on a thin layer all over the face and under the chin, again

avoiding the eye area. Leave on as instructed. For an extra treat, lay a warm, damp flannel over your face for the final minute, before washing off the product with warm water.

STEP 4 TONE & TREAT

Soak a cotton wool pad in toner and sweep over the entire face to refresh and get rid of any traces of exfoliator or face mask. Leave to soak into the skin. If you suffer

“*Stick to a product that works for you! Get to know your skin and what it needs*”

from spots, now's the best time to apply your zit zapper with clean fingertips or a cotton bud.

STEP 5 MOISTURISE

Finish off your mini facial with a moisturiser suited to your skin type. Whether you have dry, oily or combination skin, stick to a product that works for you! Get to know your skin so you'll be able to suss out how to treat it.

Step 1



Step 2



Step 3



Step 4



Step 5

