

VOGUE

JAN
£3.90

2010
Beauty
and fitness
boosters

**BRIGHT
STARS**

Vogue's new
talent showcase
by David Bailey

**Fantastic
Mr Ford**

Tom's adventures
in Hollywood

20

**NEW YEAR
SHOPPING
RESOLUTIONS**

**RACHEL
WEISZ**

in the new
colours of
the season

**How to wear
lace now**

**FRESH
START**





Catwalk sport looks s/s '10



The place to be

TenPilates now has a central-London venue: a studio at personal trainer Matt Roberts's Mayfair premises. TenPilates's usual repertoire of dynamic Pilates classes is available, and there are also specialist ones to choose from, including rehabilitation Pilates for those recovering from an injury, as well as pre- and post-natal sessions. To book (and we urge you to do so), call 020 7491 9989.

The best fitness retreat

Fitscape is the new branch of the already well-established in:spa brand, and it focuses on a hardcore workout. Morocco's Atlas Mountains provide the perfect location for trail walks, hiking and mountain biking, plus there's an impressive expert panel of chefs, personal trainers and staff on hand, making it the best and most bespoke of all the "bootcamps" around. Price for seven nights, from £1,325 all inclusive. Visit Fitscape.co.uk.

Got a health question? We find Boots.webmd.com has all the answers...

Make-up to wear while working out

Being a fitness enthusiast needn't mean forgoing your beauty regime. These products are meant to last:

Clinique Almost Makeup, £19.50, *far right*: this light-coverage foundation lets pores breathe but is also sweat-proof, so it will stay put as long as you need it to.

Estée Lauder Double Wear Mascara, £17.50, *right*: will only come off with hot water. Really. No amount of perspiring will budge it.

Adidas for Women Action 3 Fresh Anti Perspirant, £3: a sports-focused deodorant with a surprisingly chic musk fragrance.

And to help you relax after:

Kiehl's All-Sport Every Day Shampoo, £11.50, *right*: to wash the routine out of your hair.

Life NK Muscle Relief Bath Soak, £18, *far right*, at Space NK: smells divine and does exactly what it promises to do.



Photo: Estimator; Jason Lloyd Evans; Paul Bowden