

BOTH OF! SIX EASY MOVES TO A BEACH-FABULOUS BODY

COSMOPOLITAN
and!
"MY PERIODS

30 of the fittest
 guys in Britain
 (and how to pull them!)



**YOU'RE
 SO HOT!**

4 KEEP COOL

Have your most beautiful summer ever by following the top ten tan commandments



Marzaan was blissfully unaware of the hammock being sabotaged that was leading her way

- 1 Apply sunscreen 20 minutes before going outside
- 2 Protect your locks with Shiseido Refreshing Sun Protection Spray SPF15, £18. Ideal for using on skin too
- 3 Don't apply too little sunscreen. A teaspoon is enough for your face and a egg-cupful on your body
- 4 Drink plenty of water to prevent sunstroke
- 5 Keep sunblock on hand for reapplying every two hours
- 6 Moisturise with aftersun after a day's basking
- 7 Seek shade during the hottest hours, 11am to 3pm
- 8 Don't use a sunscreen lower than SPF15 - you'll still tan but won't fry
- 9 Wear a hat to protect your face and sunnies to guard eyes against harmful UV rays
- 10 Get active. Swimming, walking or doing beach sports will give you a sexy, even surf-girl tan

5 PROTECT & SOOTHE

Shop carefully for sun protection and aftersun - the most important products in your summer beauty kit

<p>BEST FOR FACE</p> <p>Boots Soltan Facial Sun Defence Cream SPF15, £6.99</p>	<p>BEST FOR SENSITIVE SKIN</p> <p>Simple Sun Protection Lotion SPF25, £10.45</p>	<p>BEST FOR SUNBURNT SKIN</p> <p>Nivea Sun Moisturising Sun Spray SPF30, £14.90</p>	<p>BEST BARGAIN CREAM</p> <p>Tesco Value Sun Protection SPF25, £1.79</p>	<p>BEST FOR PEELING SKIN</p> <p>Virgin Vie Go Hawaii Sun Soaked Body Buffer, £8.50</p>	<p>BEST FOR OUCH-HOT SKIN</p> <p>Simple Aftersun Cooling Gel, £5.75</p>	<p>BEST FOR ITCHY SKIN</p> <p>Delph After Sun With Insect Repellent, £3.99</p>	<p>BEST FOR GLOWING SKIN</p> <p>Boots No7 After Sun Shimmer & Soothe Lotion, £8.50</p>
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BEAUTY EDITOR: DONNA FRANCIS; PHOTOGRAPHY: SOULLA PETROU; HAIR AND MAKE-UP: DEBBIE JEAN AT STORM USING PROFESSIONAL MAKE-UP; MODELS: JESSICA, MARZAAN AND ALISON AT ZERO MODELS. WITH THANKS TO GAVIN SCHNEIDER PRODUCTIONS. UNLESS OTHERWISE STATED, ALL PRODUCTS AVAILABLE FROM LEADING CHEMISTS AND/OR DEPARTMENT STORES



CIRC. 213,311