

THURSDAY
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21

“ Dieting on New Year’s Day isn’t a good idea. Resolutions should begin on 2 January ”
YOU CAN’T ARGUE WITH BRIDGET JONES, PLAYED BY RENEE ZELLWEGER

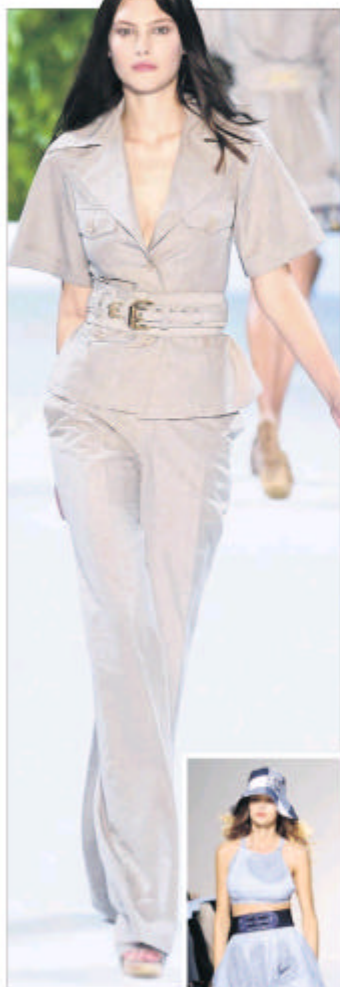


“ I don’t have a resolution to diet. I don’t want to be somebody else ”
EASY FOR YOU TO SAY, KAROLINA KURKOVA



RESOLUTIONS TO CHANGE YOUR STYLE

THIS YEAR I WILL



Go on safari
Not literally (you can if you want though). What we mean is, safari is going to be HOT this year. For once, a trend which is flattering and timeless - should you invest, you won't have to bin it all by September. You're looking for 70s prints, wovens belts and khaki - not a tin hat and rifle. Above: Stella McCartney Right: Nicole Farhi



Update my denim
We never thought we'd say this... but we're kind of feeling bootcuts again. Topshop is too - its newest jeans (above) is most definitely cowboy shaped. Which is a lot kinder to the derriere than the carrot-leg look. Rachel Stevens, you were right all along. Jeans, Topshop, £40



Get a better bra
Yes, yes, bra blah blah - but since women are STILL in the wrong bras we're repeating ourselves. Symptoms include the back riding up (it's too big) and underwire digging in (cups too small). If you're an A-cup Elle Macpherson bra-mates is flat, if you're larger than a D check out Masquerade at Figleaves.com. Aragon bras, Masquerade, £28

Hot water and lemon? Forget it. Bad for your teeth anyway. These resolutions will ensure 2008 is your most chic year to date, says **Francesca Hornak**

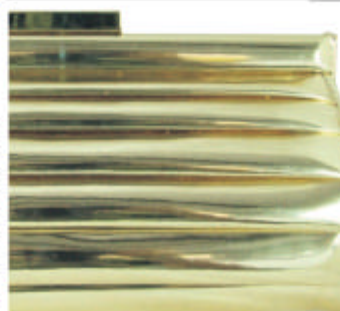


Keep my clothes
Washing at 60C is on a par with full-fat milk - just not done. Planet-saving aside, clothes really do live longer with TLC. Right now we heart The Laundress of New York, it looks frilly, but the products are expertly formulated to keep clothes pristine. Dryer sheets, Laundress Of New York, £14



Feel flat
It's not the season to be tottering. Ferragamo has reinterpreted its Vara pump (a shoe icon, see), and come up with the Varina. Better than a ballet shoe, sexier than a loafer - this is the flat of 08. They aren't cheap but these pumps were made for walking. Unlike Primark's ballet shoes. Varina pump, Salvatore Ferragamo, £125

Wear sunscreen
Dermatologists would have us cracking open the Soltan every January morning - never gonna happen. Instead, try Dr Nick Lowe's Super Charged Day Cream, it's anti-ageing and SPF 15. London and LA's most elite dermatologist is obsessed with sun damage - so it's good enough for him it's good enough for us. Super Charged Day Cream, Dr Nick Lowe, £16.99



Downsize my bag
Two years of Mary Poppins bags and we're fretting about wonky backs. Downsize to an oversize clutch - now, before everyone else jumps on the bagwagon. Once open, they're surprisingly roomy, and the no-strap aspect is less annoying than expected. Steer clear if you're prone to 'putting things down somewhere', though. Julietta clutch, Anya Hindmarch, £495

shop spy

NEWS + TIPS



YSL has eyes on the prize
Determined to conquer the 'licky pen market' (they did come up with 'laouche' Eclat), YSL has a new 'brush 'n' go' product. Last year it was nail polish, this time it's an eyeshadow/eyeliner in a pen - the Eye Colour Touch. We've tried it and can confirm that it's easy to apply, comes in some great colours and stays put. Very nifty on public transport. Yves Saint Laurent Eye Colour Touch, £19, available from Selfridges

California hits Ludgate Hill
Just the name Pure California makes us feel healthier. Already a Soho favourite, London's most wholesome lunch venue opens a new shop on Ludgate Hill today. Smoothies are blended in order, the salad bar has more than 50 ingredients and winter stuff includes porridge, hot sweet potatoes and low-fat stews. A note for the mince pies: www.purecalifornia.co.uk

Psst...
The delightful Graham and Green has a sale on. It's taken 30 per cent off loads of stock, with this inland mini chest of drawers down from £385 to £295. Well, a bedside table is pretty essential. grahamandgreen.co.uk



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