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# LOOK Hello Winter Trends

## Cheryl & Simon Shock Truth About Their Relationship

- Nightly Phone Calls
- She Says 'I Do Love Him'
- His Fiancée Flies Home

### COLEEN Her Secret Boob Job?

**Get A Bag Like Cheryl's For £95**

£95

### The £35 Dress Celebs Love!

Holly Willoughby Daisy Lowe

NOT FOR RESALE. SOLD AS PART OF A MULTI PACK

### Hottest High Looks Arrive

£16 £49 £149 £46 £54.99 £99 £35

### Fly First Class

by Phil Cameron, CEO of the airport concierge service No 1 Traveller

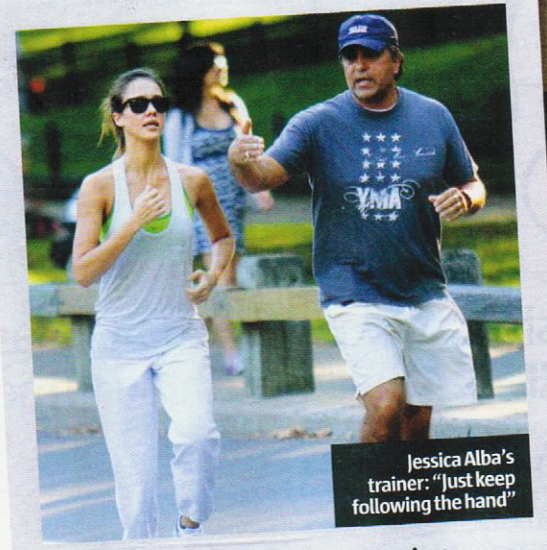
- Check in last minute. Upgrades normally happen because the economy cabin is overbooked.
- Say it's your birthday or honeymoon.
- Avoid business hours. First class is likely to be busier during these periods.



### Work Out With A Personal Trainer

by Cat Dugdale, trainer and founder of [www.iamsuperchick.com](http://www.iamsuperchick.com)

- Opt for an online trainer. Superchick offers an online training and nutrition programme for just £9.99 a month, or try [www.ikeepfit.com](http://www.ikeepfit.com), [www.point2fitness.co.uk](http://www.point2fitness.co.uk) or [www.boddylanguage.com](http://www.boddylanguage.com).
- Try group training. Most local personal trainers offer this. You can go as little or as often as you like and it's more sociable too! If you'd prefer a military-style regime try British Military Fitness ([www.britmilfit.com](http://www.britmilfit.com)), which runs group sessions for both men and women.



Shape up in style!

### Bag A Hotel Room Upgrade

by Tamara Heber Percy, co-founder of hotel site [www.mrandmrsmith.com](http://www.mrandmrsmith.com)

- The later in the evening it is, the more chance the hotel will accept a reduced rate, rather than leaving the room empty.
- Join hotel loyalty schemes. This gives you a better chance of bagging an upgrade and it's generally free.
- Book via a website that allows you to make booking requests. Personal contact will make them more likely to look favourably on an upgrade.
- If you don't like your room, ask to change immediately - once you've occupied it, it's almost impossible to move.



Treat yourself to a stay in a top hotel!

### Get A Designer Wardrobe

by Chantelle Znideric, celebrity stylist and founder of iStylista and image consultancy TopStylista

- Go to sample sales. You can get up to 70% off old-season stock. Visit [www.designersales.co.uk](http://www.designersales.co.uk).
- Scour charity shops in affluent areas for second-hand gems.
- Surf the net for designer sales. Try [www.shopittome.co.uk](http://www.shopittome.co.uk) for details of all the best sales or [www.theoutnet.com](http://www.theoutnet.com) for discounted designer labels online.

