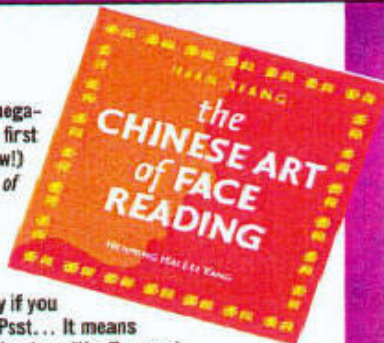


M

This week You want... you need

Mind

Suss out if your date's a goer, a mega-rich fella or a love rat – all in the first five seconds of meeting him (phew!) with *Mian Xiang: The Chinese Art of Face Reading* (£7.99, Vega). Full of handy hints for any girl on the man hunt such as to beware of a mouse mouth as it spells meanness, but you're a lucky lady if you pull a man with big earlobes. Psst... It means he'll give you a sexually fulfilling love life. Ear, ear!



Body

We decided it was high time we gave our bodies a break (any excuse, eh?) and what better way than to indulge in a bit of retail therapy. But before you imagine the nightmare of pounding the pavements in your killer pointy-toed shoes, relax. We're not suggesting you leave the house, oh no. Simply put your feet up and browse through the Argos Additions Autumn/Winter catalogue from the comfort of your own sofa. It's jam-packed with stylish, sassy clothes and accessories at bargain prices. Our faves include this sophist sequin skirt, £21, and camel tie-neck sweater, £17 (right). It's every glam couch potato's dream come true.



Hot

Turn your life into an oasis of calm with this faberoni gadget – a Pzizz. It's a pocket-sized machine with an infinite number of pre-recorded relaxation messages built into it, so you'll never bore of being told to give in to the inner you or listening to soothing sounds. But be warned, getting chilled out don't come cheap. This little beauty will set you back £247. See www.pzizz.com or freephone 0800-781 2507.

This week at *M*, we will be mostly wearing Kiss Me Mascara, £15, as used by J-Lo and Lucy Liu. Unlike your average mascara, it doesn't paint your eyelashes but forms a tiny tube around every lash, adding volume and length; call Pout on 020-7379 0379 or see www.kissmemascara.com.



Thrills

If you're having trouble squeezing into your party frock, who cares? Forget the whole super-boring diet lark and treat yourself to a giant S. Lee gateaux. We love the Ultimate Double Chocolate one, right, (yep, we ate them all) – three layers of chocolate sponge packed with milk choc sauce, choccie chunks, choccie curls... We dare you to have more fun for £4.99. After you've gorged on all that cake you won't be able to get off the... so wheel yourself over to the PC and log on to www.iwantoneofthose.co.uk and buy your very own piece of moon. It's true, for £19.95 per acre, you can own a (little) bit of the planet, and up until 24 December, £1 will be donated to the NSPCC for every acre sold.



Gorgeous

Kylie Minogue just can't get out of people's minds with her fab figure and totally gorge skin. So sod being original and copy her look by experimenting with Starshine from Cosmetics à la Carte. It's the make-up the small Australian one is using on her Light Years tour, currently favouring Mallow, Beach, Parma, Gilt and Treacle on her eyes and the Skin Tint foundation on her peachy cheeks. At £12 a pot for the eyeshadow and £25 for the tint it'd be rude not to. From the Cosmetics à la Carte shop in London's Knightsbridge or by mail-order on 020-7622 2318.



Splurge Snuggles

Cashmere knickers £195 (yes, really), socks £45, Belinda Robertson (020-7231...)

Camisole £16, and pyjama bottoms £20, Oasis at Home

pout

www.pout.co.uk