

Next season now
Learn fashion's new
layering rules

'We're fat and fit'
The exercise craze getting
bigger by the day

Split ends
Is it time to give
your hairdresser
the chop?

**SUMMER
PARTY SORTED**
10-page food and
interiors special...
just add friends

Stella

16 AUGUST 2015



Sadie Frost
'I'm in better
shape at
50 than
I was at 20'





