

# LIFESTYLE NEWS

## GET WHAT YOU WANT OUT OF LIFE

### MOSS GLOSS

**1** **MANGO** doesn't mess about when it comes to hiring a face to front its collections. Following in the footsteps of the likes of Scarlett Johansson, Penélope Cruz, Milla Jovovich, and Lizzy Jagger, the latest is our very own Kate Moss, who wears the high summer fashions with her usual mix of insouciance and so-stylish-it hurts elan. There are white and sorbet pastels, floaty fabrics, a touch of sports luxe and, best of all, the spring season 2012 collection is now down in price so we can all give La Moss a run for her money. [www.mango.com](http://www.mango.com)



### APPY HOLIDAYS

**2** **PESTERED** by friends about the best holiday cottages in Scotland and don't know where to suggest? Tourism expert Jason Clark was, so he created an iPhone app to do the job. Cool Cottages Scotland is independent and has no connection to owners or agencies, with each of the properties on it visited by Clark or his friends and family personally. Winner of four Scottish Thistle Awards, Clark is no stranger to the staycation, so if you're looking for a railway signal box, tree house, beach house or even a regular but 'n' ben to recommend, why not take a look. They'll be anything but bog standard. [www.coolcottagescotland.com](http://www.coolcottagescotland.com)

### WAVE FAT GOODBYE

**4** **LATELY** we've been shirtless, tightless and now we're aiming for flabless with CaviSculpt, a device that promises to remove fat and cellulite, without a scalpel in sight. Suitable for men and women, the sculpting system uses ultrasound to smooth those stubborn lumps we just can't seem to shift in the gym. Delivered via a treatment head moved slowly over the skin, the waves break down fat which is removed through the lymphatic system. Only available at Harvey Nichols or online, it's pain-free and for home use, so no embarrassing salon appointments. Just switch on and focus on the imponderables, such as when do love handles spill over into a muffin top? *CaviSculpt*, £1,499, [www.cavisculpt.com](http://www.cavisculpt.com), [www.harveynichols.com](http://www.harveynichols.com)

### RUB IT IN

**3** **JAZZ** up your soups, salads, rice and chicken breasts with spice rub from Spicentice. In seven flavours, from harissa to Italian and peppery, the blend of herbs and spices will make your summer go with a zing. £3.99, *spicentice* ([www.spicentice.com](http://www.spicentice.com))



### DRESS TO IMPRESS

**5** **ONCE** power dressing meant shoulder pads and big hair à la Melanie Griffith in *Working Girl*. Or maybe someone in your office models themselves on Jane Fonda in *Nine To Five*. But times have changed and so have the rules. McArthurGlen shopping outlet has come to the rescue with Scotland's first ever workwear week, offering recruitment and careers advice, style consultations and flash sales at the likes of LK Bennett and French Connection. Could that promotion be just a well-tailored jacket away? *Workwear week*, 25 June-1 July ([www.livingstondesigneroutlet.com](http://www.livingstondesigneroutlet.com))



### CHOC ON

**six** **PALE ROSE**, dark ginger ... Amelia Rope specialises in flora dipped in chocolate, decorated with gold or silver leaf. You don't know whether to sniff it, wear it or eat it. We suggest all three. Her latest temptation for chocoholics is a new range of hand-made bars using the finest beans from Madagascar and Ecuador, diffused with the heady citrus tang of pale Lemon and pale Mandarin. There are single bars, duos, trios and quintets, plus a special Olympic bundle that makes the most of the zingy red, white and blue foil. £5.60 to £28, *Whole Foods Market* ([wholefoodsmarket.com](http://wholefoodsmarket.com)), *Woodwinters* ([www.woodwinters.com](http://www.woodwinters.com)) and *The Longship, Orkney* ([www.thelongship.co.uk](http://www.thelongship.co.uk)), *Amelia Rope Chocolate*, [www.ameliarope.com](http://www.ameliarope.com)



### HOT STUFF

**7** **IT'S** been developed in Scotland, and produced in Scotland, to help ease the nation's aching muscles. You may recognise the Deep Heat name, but it's not just the packaging that is different. The telltale Deep Heat smell is gone too, replaced by scents such as vanilla and rosemary, while electrolyte minerals help replace those lost during our daily lives. There's a warming neck and shoulder cream, which delivers heat right to the source of the pain, and a bath gel to wash away tension. Backed up by solid research, the tension-relieving benefits are already proven. So you can relax on that score too. *Deep Heat Muscle Rescue Neck and Shoulder Cream*, £5.99, and *Muscle Rescue Bath Soak*, £5.49, from pharmacies

## LOSE WEIGHT, GET FIT AND STAY THAT WAY!



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