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A successful career and busy personal life don't mean you have to miss out on looking and feeling fabulous; with a little help from the professionals – and Nivea Visage DNAge – you could be looking at a new you in no time. It's time for your 'life-over'

Wouldn't it be great if you could have a makeover that would last and last? Well, the idea of getting a 'new you' isn't as far-fetched as it sounds – it just involves making small changes to your whole lifestyle, not just your face or body. Need convincing? *Harper's Bazaar* and Nivea Visage DNAge are putting the idea to the test, offering three successful businesswomen a 'life-over' – a complete mind and body overhaul. Assisted by expert professionals, these women will be making controlled changes to different aspects of their lives over a three-month period. All of them work in demanding jobs, but have different ideas about how they'd like to improve their lifestyles. So, in the coming months, each woman will be taking advice from our top team of 'life-over' specialists.

The Mind Gym coach Karen Sigalas and personal trainer Jon Denoris – founder of www.catalysthealth.com – will be improving their overall wellbeing, and they'll have hairstyling appointments with senior stylist Benjamin Ahrens at renowned London salon Hari's. They will also enjoy a personal-shopping day at Selfridges and follow a Nivea Visage DNAge skincare routine – which supports surface-skin cell renewal to revitalise and protect the skin – over three months. They'll be recording all their progress in online diaries at www.nivea.co.uk/dnagebusinesswomen, and reporting back in the October issue of *Bazaar Business* to see if the 'life-over' approach really can improve their image and outlook. Watch this space...

JULIA MINCHIN



JULIA MINCHIN, 41, *Entrepreneur, HippyChick.com*

WHY A LIFE-OVER? Just after giving birth to her first child, Julia Minchin sat down at her kitchen table and set about creating a business that would provide parents with innovative and practical solutions to bringing up babies. Seven years on, HippyChick.com is going from strength to strength, providing Minchin and her family with a great work/life balance, a world away from the rat race. Does a 'mumtrepreneur' even need a life-over? 'Yes! I live in Somerset, I never have time to shop and I rarely wear make-up,' she says. 'I still want to look natural, but I'd like to get some new clothes and start looking after myself more.'

WHAT SHE WANTS Minchin hopes the experience will help her focus on her expanding business. 'Some of my friends are life coaches, but it never occurred to me to use one myself. I'd love to feel more confident about dealing with the company's growth and motivating committed and competent employees.' Minchin also wants to use the life-over as a way of spending some time on herself. 'I want to be able to look feminine and effortlessly smart, whether it's for a business meeting or the school run – and a makeover will kick-start that.' She's also embracing her new skincare regime. 'I've never really used anti-ageing creams,' she says, 'but the Nivea Visage DNAge products are straightforward – I'm hoping they'll make a real difference. Even I've got five minutes to spare for that.'

EMMALENE TURNER, 43, *Marketing & PR director, Fairmont Hotels & Resorts and Raffles Hotels & Resorts*

WHY A LIFE-OVER? As director of marketing for luxury hotel group Fairmont Raffles Hotels International, Emmalene Turner has watched her company expand incrementally over the past five years, and become a truly global player. She jumped at the chance to have a Nivea Visage DNAge life-over, seeing it as the perfect way to get the best professional advice around. 'When I meet clients in one of our five-star properties, it's as though I'm walking onto a stage – I have a part to play and I need to look the part, too,' she says.