

you

THE MAG ON SUNDAY • 11 FEBRUARY 1996

**ULTIMATE
HEALTH
PART THREE
HOW TO FEEL
BETTER
THAN WELL**
24-PAGE
SUPPLEMENT
INSIDE

**WHY MEN
ARE BETTER
AT DIETING**
(NOBODY SAID
LIFE WAS FAIR)

**WIN A FAMILY
HOLIDAY TO
CALIFORNIA!**

**PEARCE
FIONDA**
MAKING THE
CLOTHES WE
WANT

INSIDE TIPS FROM THE
**WORLD'S
HIPPEST**
HAIRDRESSER