

SUPPLEMENT OF THE YEAR

# YOU

23 MAY 2010

**YOUR BEST BODY  
EVER IN 14 DAYS**  
Just an 8-minute  
work-out and no  
calorie-counting

**CONVERSATIONS  
WITH A RAPIST**  
How one woman  
healed her  
teenage trauma

**HAT, HEELS  
AND A  
FABULOUS  
FROCK**  
Let summer's  
social whirl  
begin!

## THE NEW YOUTH MAKERS

Meet the French dermal doctors who are unlocking the secrets of younger-looking skin.

● Dr Philippe Allouche counts Madonna, Sharon Stone and Brad Pitt among his clients, and his **Biologique Recherche** range has just arrived in the UK. 'Skin changes from day to day, so forget your skin type – the secret lies in your "skin instant"', he says. Located in EF Medispa clinics ([efmedispa.com](http://efmedispa.com)), **Biologique Recherche** advisers diagnose your immediate skin problems (dryness, acne, wrinkles, etc) and then plan your regime of cleansers, creams or super serums. You mix and layer them according to how your skin feels that day. A consultation is free, a facial costs £250 and products start at £22.



MADONNA



BRAD

# NY TIMES HIND ME

EXCLUSIVE: RILAZZY GIRLS! INFO  
WHY LIFE IS SWEET AGAIN