

Life Consultancy

Let's make your life 100% amazing! This week's panel has the lowdown...

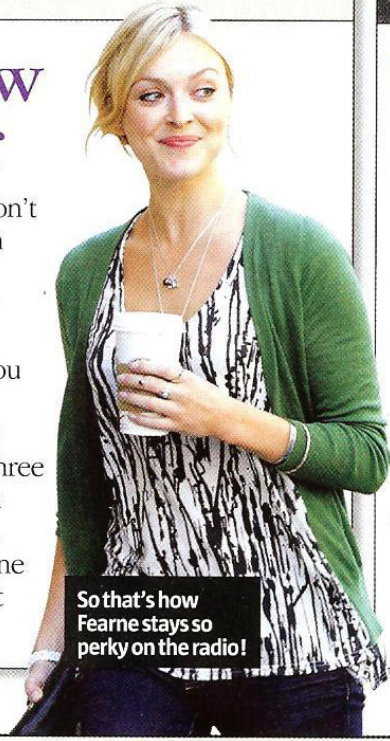



NUTRITION

Nutritionist **DALE PINNOCK** tells you how you can eat more and feel better for it!

Coffee: the new mood booster

The nights may be drawing in, but don't let post-summer blues get you down by reaching for your daily coffee fix. According to new research, pouring yourself several cups of coffee helps to improve your mood and makes you much happier. The Nurses' Health Study, which was carried out over 10 years, showed that drinking two to three cups of coffee every day is linked to a 15% lower risk of clinical depression in women, thanks to the effect caffeine has on the receptors in the brain that control your mood. Lattes all round!



So that's how Fearne stays so perky on the radio!



FINANCE

Money whizz **MARIANNE CURPHEY** helps you make the most of your cash

Barter your way to a bargain

It might be easy to beat down prices at markets on holiday, but most of us are too shy to try it back at home. Here's my advice on how to haggle like a pro:

- 1 CHEAPER MOBILE DEALS** When you near the end of a mobile phone contract, some providers might offer you a more competitive deal if you explain you're thinking about taking your business elsewhere.
- 2 BARGAIN LAPTOPS** Electrical shops will often reduce their prices on laptops if you're buying more than one item. They'll also sometimes throw in extras such as headphones or upgrade your product.
- 3 TRAVEL OFFERS** You have a good chance of getting a deal when speaking directly to a hotel. Ask for the 'discounted room rate'.
- 4 DO YOUR RESEARCH** Use mobile phone apps such as Price Runner, which allow you to compare prices on thousands of products. Retailers like John Lewis promise never to be 'knowingly undersold', meaning they'll match or beat any price from a competitor. Doing your research can lead to big savings.



GADGETS

ELLA WILLIAMSON is the hi-tech gadget guru who knows what all those buttons do - who needs a manual?

Look the business!

Thinking of going for a new job or a promotion? Check out these chic portfolio cases that'll showcase your work in style:



iPhone Update

Instead of the hotly anticipated iPhone Apple have launched the iPhone 4S instead (on sale Friday 14 October). It's the same price and looks identical, but has some nifty new features...

- A voice control system, so you don't have to use the touchscreen.
- Better reception and faster downloads
- All your purchases will be stored remotely and can be accessed via laptop, iPad or iPhone
- An 8MP camera with auto correction



SURGERY

The celebs' favourite surgeon **ALEX KARIDIS** reveals the new nip/tuck trends

Amazing new Hollywood facial

Proving that diamonds really are a girl's best friend, the diamond skin peel treatment is already a favourite among the A-list.

Actress Mila Kunis is a huge fan of the microdermabrasion treatment, which uses wands with disposable diamond tips to propel

a stream of hundreds of tiny crystals onto your skin, while removing any dirt and dead skin.

The treatment is tailored to your skin type and helps to promote the stimulation of collagen to give you a more youthful-looking complexion. A 30-minute Diamond Tome treatment costs around £65 and is available at www.courthouseclinics.com.



If we can look like Mila Kunis, we're booking in for a facial peel now!