



STILETTO SAVIOURS

ARE your stilettos giving you that sinking feeling? While a spiked heel can improve your gait and posture, they sink into soft ground quicker than a golf tee, meaning you spend the day walking around on tip-toes. Luckily, a solution comes from Starlettos, which has designed transparent heel protectors with special non-slip bases that clip on to stiletto heels, boosting



their surface area and keeping you above ground. Inconspicuous enough not to ruin your outfit, they come in black or clear and will fit heels up to 14mm wide.

■ £5.99, starlettos.co.uk

NOW THAT'S A SUN HAT

A SUMMER hat is not only a stylish accessory, it also shades your face, eyes and neck from the sun and helps stop hair colour from fading. However, hats often allow pesky UV rays to leak through. Now, a new range of fashionable headwear, providing guaranteed UPF50+ sun protection, has arrived in the UK from Australia. Sunshine Hats are made from specially woven and coated fabrics, which stop the penetration of UV rays.



■ From £12, sunshinehats.co.uk

HILARY FREEMAN

The Hell of giving up SUGAR

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NO ONE can have escaped this year's

by Nicola...

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