

a day than all the phones in the world put together

OURSELF!

WE RECOMMEND SUMMER SHOWER GEL



Heavenly Gingerly Shower Gel, £16 for 300ml, www.moltonbrown.co.uk

THIS gel leaves skin nourished and smelling gorgeous.



Cowshed Udderly Gorgeous Shower Gel, £16 for 300ml, www.liberty.co.uk

A FRESH-smelling gel which pampers the skin.



Philosophy Coconut Frosting 3-in-1, £14 for 473ml, 0870 990 8452

FEEL instantly transported to a tropical beach.



Floris Cefiro Moisturising Bath and Shower Gel, £18, www.florislondon.com

TANGY and tropical, this gel is for both men and women.



Lotus Blossom and Water Lily Shower Gel, £29.50 for 250ml, www.jomalone.co.uk

A HEADY blend of mandarin, lotus and aloeswood.



Fig Shower Gel, £7 for 250ml, www.korres.co.uk

WHEAT proteins soothe the skin, but divine scent of fig is guaranteed to make you happy.

DON'T BOTHER



Wild Cherry Shower Gel, £6 for 250ml, www.thebodyshop.co.uk

THE wild cherry scent was sweet and a little sickly.



The Sanctuary 12-Hour Shower Cream, £5.99 for 200ml, Boots

THOUGH this was moisturising, it didn't create a satisfying lather.



Gloomaway Grapefruit Body Wash & Bubble Bath, £17, www.origins.co.uk

IT DIDN'T leave me with a fresh mind, just a headache.

KATE MELHUISS

I spend £15k a year to look like Britney

HOW MUCH DOES IT COST TO RUN YOUR BODY?



LORNA'S YEARLY BODY BILL

Facials, £40 a week	£2,080
Monthly haircuts, colour and extensions, £500	£6,000
Waxing, £80 a month	£960
Eyebrow threading and tint, £30 every two weeks	£720
Dermalogica products, £50 a month	£600
Make-up, including Too Faced and Mac, £100 a month	£1,200
One bottle of Bio Oil a week, £15	£780
Monthly gym membership, £80	£960
Manicure/false nails and pedicure, £160 a month	£1,920

total £15,220

LORNA BLISS, 28, from London, is the UK's number one Britney Spears impersonator. She says:

WHEN Britney Spears released ... Baby One More Time in 1998, friends kept commenting on my resemblance to her. I was even stopped in the street by strangers mistaking me for her.

At first I couldn't see it, but then I realised there were various similarities between us, so when I saw an ad in The Stage newspaper by an agency seeking look-alikes, I applied straight away.

That was in 2000 and I've been impersonating Britney ever since. She is a huge part of my life now, but emulating her look is a full-time job.

She changes her appearance so often and it's very expensive to keep up. It's not just her clothes; it's also looking after my skin, changing my hair, making sure my nails are manicured, and working out.

I even shaved my hair off when she did. It was daunting, but I felt incredibly proud that I'd been true to the character.

Probably my biggest expense is getting my hair cut and coloured and having extensions every month. But keeping up with her costumes is pricey, too. I have to have everything tailor-made and one costume alone can cost between £400 and £500.

To keep my skin glowing and healthy like Britney's I have regular facials, including Microdermabrasion. I'm a great believer that if you look after

your skin when you're younger, you won't have to have Botox or cosmetic surgery later in life.

I also swear by Dermalogica skincare products and, when I'm performing, you can't beat Simple cleanser for removing make-up.

I also think it's very important to moisturise your body daily. I often reveal a lot of flesh, as Britney wears such skimpy costumes, so I slather on Bio Oil or Palmer's Cocoa Butter to keep my skin soft and toned.

I always wear Mac's Studio Fix foundation, as it gives my skin a flawless 'airbrushed' look. Unlike Britney, though, I have a few freckles on my face, so I have to cover them up with uber-thick stage concealer called Screenface.

When Britney puts on weight, it's so much easier for me as I can relax a bit and eat what I want. But when she loses it, I also have to follow suit.

When she slimmed down recently for her tour, I went on a strict diet, cutting out junk food, bread and butter, swapping full-fat milk for skimmed and not eating after 8pm.

Plus, I followed a gruelling regime of swimming two or three times a week; doing two or three hour-long weekly gym sessions incorporating cardio work and weights; and doing 200 stomach crunches a day.

But for all the effort, I wouldn't change it. Being Britney has totally changed my life — I owe her a lot.

Oh so smooth
Cellulite creams and other over-the-counter cosmetic treatments cost us £2bn a year worldwide, says a recent survey



Styling by: ELIZA SCARBOROUGH
Picture: TOBI JENKINS

ALICE GREBOT