

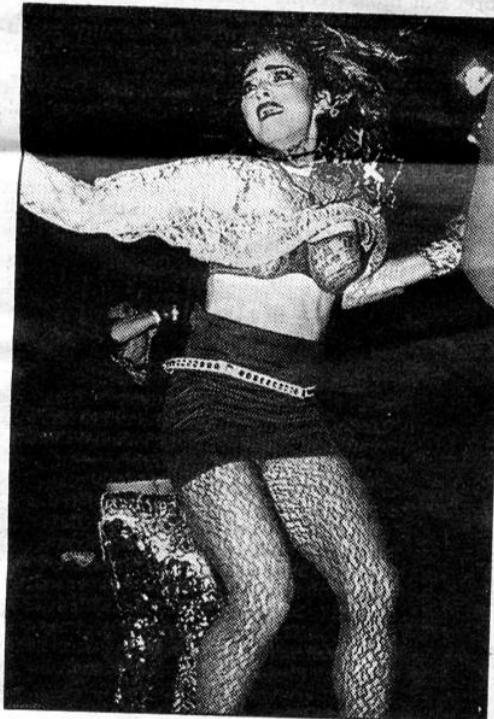
HOW DOES MADGE DO IT?

teen of re-inven-
is surpassed her-
adonna has never
ore talked about
ore time, no blas-
is lesbian kisses or
ere required.
ar-old mother of two
d gravity to look like
ace it, she looks better
years ago.
cies, her stomach is
wears a dress size six
s just under 8st.
has also succumbed
is hotly debated. She
but Adrian Richards,
reet consultant in
surgery, finds it hard
sn't indulged.
7-year-olds who look
gical help, no matter
rcise and vegetables
ay,' he says.
hat those who exer-
s Madonna usually
F' between body and
s a very low body fat
ou facially. The only
sagging skin around
s with surgery. She's
he latest generation
MACS.
scar', is a modified
ich leaves patients
ront of the ears and
ructure to lift the
most effective on
do not have a lot of

so convinced that
st implants.
ner of Beautyworks-
ting Hill, West Lon-
lies on oxygen facials
ther than face-lifts.
of laser treatments
o the skin,' she says.
in tone and elimin-
brown spots. You
nger in six months,
a face-lift because
ansformation.
ld never deliver the
nds of herself.
is going to give you
' she has insisted.
body of a 20-year-
the work yourself.'
her new album,
ice Floor, she was
a figure that was
, but feminine and
e set to work.
was the minimum
each day.

90-minute session
yoga, which she
ym at home. This
ves synchronising
ith a progressive
ducing a purifying
scles and organs.
anced that she is
Ashtanga — the
-standard athlete.
f yoga at Triyoga
ll, was Madonna's
Britain

a home
ractice.
ngth as
eela. 'It
hening
creates
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ips.'
njoys a
d juice
asonal
off for
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James
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mental
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anph-



etables, tofu and pulses. Based
on an ancient Tao philosophy,
macrobiotic foods are consumed
because of their yin and yang
energy properties, which means
beans, rice, oats and the odd
piece of organic steamed fish.
Her low-fat, high-fibre diet is
predominantly vegetarian and
consists largely of whole grains
and vegetables.
Karen Knowler, food coach to
Woody Harrelson and Natalie
Imbruglia, believes that this is
key to the way Madonna looks.
'By cutting out dairy, meat,
sugar, caffeine, chemicals and
preservatives, she's burning
'clean fuel' that's free of toxins.
A lot of people retain water and
excess weight solely as a result
of toxins.'

Power Plate from Harrods. Users
stand on a vibrating platform.
Reacting to the vibration, the
muscles contract as a reflex,
supposedly reducing cellulite.
Madonna takes an equally
thorough approach to her skin-
care. Her cosmetic dermatolo-
gist is New York-based Dr Fred
Brandt. Known Stateside as the
'King of collagen', Dr Brandt
invented the Botox neck-lift and
is also renowned for his skill with
a laser.
Madonna sees him for a con-
sultation every six weeks and
religiously uses his anti-ageing
skincare products (stocked in
SpaceNK, 020 8740 2085).
So what is it that drives
Madonna to push herself, and
her body, so hard in the



Turning
back the
years:
Madonna,
performing at a
London club on
Saturday,
looked better
than she
did in
1985
(far
left)

Pictures: SCOPE/WIREIMAGE.COM



SPRITZING
on is now!
For the mo
it's all abou
yourself w
J. Lo's (left
Calvin Klei
Moment bc
portable pc

brushes, perfect for the party
gives an entirely new meani
the dusting'.

Glam gadgets
USED to be that all that tech
stuff came in just one colour
Now the usually staid
and sensible John
Lewis is offering a
range of rainbow
shade electronics
from top
designers. We're
particularly loving
the Lulu Guinness
Sky+ box and the
Matthew Williamson Intempo
(above right). Geek chic just i
we like it.

Take your bows
PRESENTING yourself as a pe
wrapped package is de rigueur
season — see Moschino's Bo
Blouse and Yves Saint Lauren
Bags for inspiration, then sto
broad bands of ribbon and
get customising.

GOING DOWN
Pop dolls
IT'S NOT enough that
Aloud are set to be
immortalised as Ba
dolls, now Mariah
about to release 3
limited edition s
plastic versions i
herself. Great. N
we can all have c
own pocket-size
stropy diva wit
disproportional
sized chest.

Model authors
HOT on the heels of Paris Hilt
autobiography comes Nicole
Richie's semi-autobiographic
novel, The Truth About Diamo
and Paris's second oeuvre, Yo
Heiress Diary. Zadie Smith mu
quaking in her boots.

Bahrain
AMWAJ Island in Bahrain was
being touted as the new
playground of the rich and
famous set to rival
Jumeirah Beach in Dubai.
But now Michael Jackson
has shelled out nearly £1
million and apparently
plans to build a new
Neverland there.

Velvet blazers
DANIEL RADCLIFFE
(right) and Will Young have
both been snapped
sporting these