

# HARPERS

MAY 2002 £3.20

# & QUEEN

## THE BEST SUMMER DRESSES

## HEAVENLY BODIES

How to have  
one this summer

## KIDMAN,

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## Hands on...

## Meet

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## Holly

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# beauty gadgets

A bit of DIY with the right tools, and you don't always need an expert to make you look great, says Newby Hands

## BEWARE!

## The diets that damage

## 32-PAGE

## HOMES

## SPECIAL

## Exclusive: the Prince of Wales Chelsea garden

**THE BACK SAVER** If there is one item that virtually anyone with a bad back should have, it is the Back Stretcher, from £79 (stockists: 0700 222 5724). Invented by an ex-marine after he developed serious back trouble himself, this deceptively simple,

award-winning contraption sorts out all manner of back pains and problems. Little more than a curved and back-moulded wooden 'bridge', designed for you to lie back on, it gently and safely stretches out the entire spine, at the same time opening up the chest and putting the shoulders back where they should be. Just a few minutes a day makes a huge difference to posture and back pains and, as someone who has spent many hours on an osteopath's couch, I can't recommend it highly enough.

# MEG YAN

'A man will sleep with  
anyone. I mean it. Anyone'



www.harpersandqueen.co.uk