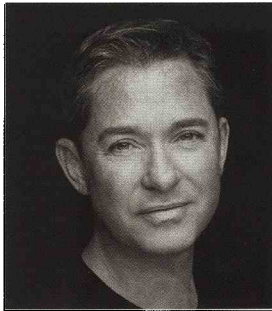




CONTRIBUTORS



STEPHEN KELLY

New to our photo shoot team, Stephen Kelly from Dylan Bradshaw salon opted for a natural feminine look for our cover star, Susan Loughnane. "I worked with Susan years ago, her hair is so gorgeous. To get the look we used Moroccan Oil on damp hair to give it an instant shot of moisture." And his top tip; "This reduces the blow drying time by 30 per cent and it makes life so much easier. I blow dried it using a medium sized twisty brush and then pinned it so it almost looked set, then I gave it a spritz of L'Oréal Professionnel Texture Infinium Hairspray Level 4 for final hold, even against the wind machine."



HAZEL LARKIN

Hazel Larkin penned our searingly honest and witty feature on page 102 about the pros and cons of going solo. "I don't believe I'm the only woman in Ireland who hasn't had sex for years, and I'd like to get a conversation going around the issue and make it less taboo. I'm only interested in great sex. I don't want to play hide-the-sausage just so I can say I'm getting some. While I'd hate to think I'd die without knowing the pleasures of the flesh again, the longer I'm without, the happier I am to wait for the right person. Maybe it's an age thing, but I think sex should involve intimacy and a knowing of the other person. That's what makes good sex great."



EVA BERG

Eva Berg has been teaching Pilates for almost 20 years. Having trained in LA and Scandinavia, she has spent several years refining her own personal pilates techniques for defining and sculpting the body. Eva demonstrates core techniques from her famous Wicked Waist Workout into her latest DVD. She also incorporates this into her weekly studio classes in her fully equipped LA style studio in South Dublin. This month Eva shares her top ten tips to achieve a bikini body on page 86. "For many women, top of the list for is a tight flat tummy," says Eva, who promises "a curvy little nipped in waist so you can feel fabulous in your bikini."



MAEVE HIGGINS

Comedian, television presenter and now budding author Maeve Higgins penned one side of our 'pre-kini' debate for this issue's Talking Point on page 22. In it, she divulges why she gave up the pre-holiday crash dieting and star jumps in favour of a more measured approach to achieving the perfect bikini bod, and admits that this year, she probably won't be donning a two-piece on a beach. "I'll be spending the summer running up and down hills with my dog Ted and writing my first book *Average Normal Girl*, to be published later this year."