

November 2005

The Hottest Gossip At The Coolest Site  
**HOTGOSSIP**



Celebrity  
Fashion,  
Fitness  
&  
Beauty

**SALLY  
FARMILOE**

The BODY BEAUTIFUL SHOW, expertly p.r.d by KUDO COMMUNICATIONS was brilliant this year with thousands pouring in to the Olympia Exhibition Centre to check out the latest health and beauty treatments on offer.

The undisputed star of the show was HB HEALTH owned by the beautiful and dynamic HEATHER BIRD, with ladies of all ages queueing to find out their biological age at the HB Age Testing Zone, try an anti-ageing facial or have a destressing sports massage with HB's latest practitioner, MARK SELLES.

HEATHER recently gave birth to her first child, the truly scrumptious VIOLET but was looking as gorgeous as ever and here she is:



HEATHER BIRD.

Other interesting stands at the show included THE CULLEN DENTAL PRACTICE (020 8788 27850) where you can get your teeth whitened reasonably and BERGMAN BEAUTY CARE (0845 456 9622) a new Dutch company who manufacture a beautifully packaged £200 face cream which felt like silk on my skin and would make a great Xmas presy if you've got the spondulix!