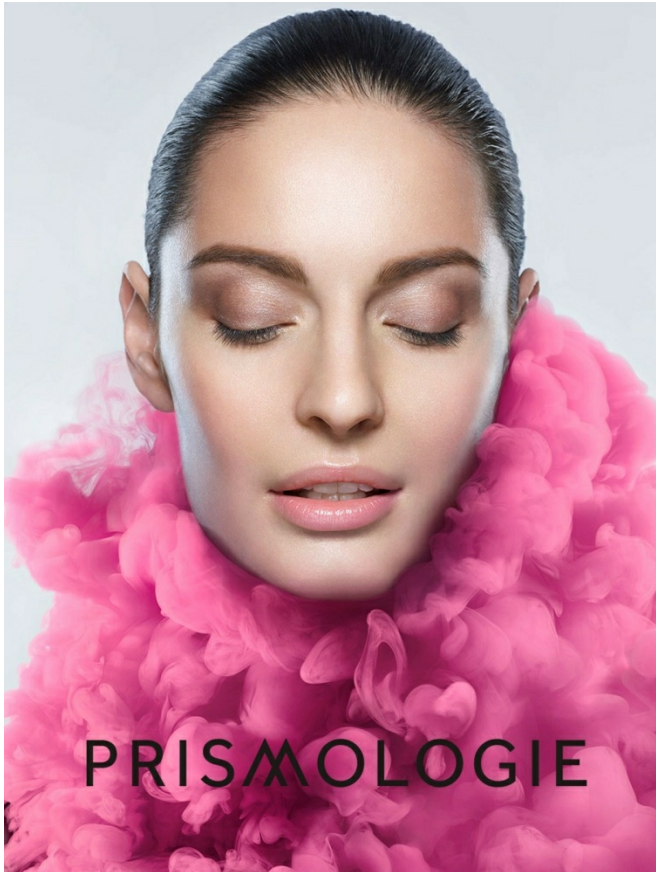




VERONIKA USIAKOVA

MCT
MODELS



THE STRAIGHT SKIRT

For an ultra-chic look, the shape of this skirt never fails to deliver. The knotted belt at the waist adds an interesting edge, too. Mix with a lighter coloured top as a contrast.

Shirt, £39, 6-18, Lands' End (0845 012 3000; www.landsend.co.uk). Shirt, £25, 6-22, Next. Necklace, £65, Made Boutique, as before. Scarf, £3, Primark. Handbag (not seen), c.£20, Asda.





VERONIKA USIAKOVA



THE COUNTRY FILE
 Give tweeds and checks a modern twist by teaming classic-cut trousers, cropped jackets and tailored skirt suits with oversized chic knitwear for a look that's anything but fuddy-duddy...

STYLING ELIZABETH COCOZZA

THE SLIMLINE TROUSERS
 Lengthen your legs in slim-fitting tweed trousers and wear with a narrow knitted cardigan and pretty polka dot blouse.

Trousers, £199, 8-16, and cardigan, £299, XS-XL, both Day Birger et Madsen; Blouse, £135, 6-16, and bag, £245, both LK Bennett; Boots, £269.99, 3-6, Aldi; Neckties, £20, Phase Eight

FOR DETAILS SEE WHERE TO BUY

 A woman in a grey tweed jacket and trousers riding a bicycle on a path through a field. She is smiling and looking towards the camera.

THE CROPPED JACKET

 A woman sitting outdoors, leaning against a tree, wearing a grey tweed jacket and a beige scarf. She is smiling and reading a book.

PHOTOGRAPH BY [unreadable]

PHOTOGRAPH BY [unreadable]

 A woman in a dark bikini with pink floral patterns posing against a dark background. She is sitting on the ground and looking at the camera.

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foto wrzagan polin
make up / hair: thomas crivello / make up of
model: dimitri d. veronika u / nextcompany
digital imaging milan/italy

p2 limited set - pink stem
push up - tanka € 18,90
p2 limited set - pink stem
push up - tanka € 18,90
B-STYLED Day up 8 DEN
mit schwarzem satinband € 6,99

BURNING QUESTIONS ABOUT sun care

When the sun comes out, it's tempting to soak up every last ray - but don't assume that wearing just any sun cream makes you safe. Beauty director Suzanne Duckett's everything-you-need-to-know guide is vital reading when the heat is on...

Don't bottle it up

Q I'VE GOT SOME SUN CREAM LEFT OVER FROM LAST YEAR. IS IT STILL OK TO USE IT THIS SUMMER?

A Unless it's a very big bottle, you should have used it all up in generous regular applications. However, the general rule of thumb is that, once opened, sun cream should remain stable for two to three years if it hasn't been stored at high temperatures or in direct sunlight - which probably rules out most leftover holiday creams! If in doubt, throw it out. Then store your new one in a cool bag or at the bottom of your bag in between uses rather than on the car dashboard or sun lounger.

GOOD LOOKS

watching

WHAT'S THE MINIMUM PROTECTION I SHOULD BE WEARING?

on your skin. Depending on your location, how long you've been in the sun, the time of day, and whether you're wearing sunglasses, a hat, and a long-sleeved shirt, the amount of UV radiation you're exposed to can vary significantly.

According to the UV Index, UV 1-2 is Low; UV 3-5 is Moderate; UV 6-7 is High; UV 8-10 is Very High; and UV 11+ is Extreme.

The UV Index at some popular holiday destinations in peak summertime is expected to be: UK: 7-8 - High/Very High; Italy: 9 - Very High; Tropics: 10-12 - Very High/Extreme.

So don't assume that the sun's strength here in the UK is weak!

Knowing your phototype and what your skin can realistically cope with in varying destinations is also key. Check yours on the phototype table below, which gives you a rough idea of how long you can spend in the sun when wearing a Medium Protection SPF 20.





VERONIKA USIAKOVA

