

FREE WITH THE EVENING STANDARD

# ES

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### Something personal

Whatever Tracey Emin's done, it's only a matter of time before she'll be banging on about it (how can we forget her tent naming all the men she's bedded?). She's been to Egypt, and now she wants to show off her holiday snaps at the, er, British Museum. In fact, Tracey's talk tomorrow evening (7pm to 9pm, 020 7323 8525) is part of the museum's major 'Cleopatra in Egypt' exposition, and comparisons can be drawn between these two zeitgeisty brunettes. Tracey will be talking about Cleo, ancient Egypt and reciting some of her favourite Egyptian love poetry. Subtitles could read: 'Pharaohs I have slept with'...

### Something to stick to

This is one diet you really can stick to. You've done nicotine patches to curb cigarette cravings and 'chocolate' patches to put you off your sweets. Now there's the seakelp patch to help you slim. If it does what it says on the pack, the new Slimsteady patch could be the key to exercise-free weight-loss. Chuck out the calorie-counter, bin the instant cabbage soup – this is the easy way to get trim for summer. The high iodine levels in seakelp help you burn fat more quickly, and also improve the quality of your skin, hair and nails. A square-inch sent from heaven? Slimsteady Dermapatch, £34.95 for a six-week course, mail order from Advanced Health UK (0800 072 5727).



### Something more than Banzai

Something from Tokyo is coming to town: Japan 2001, London's year-long celebration of Japanese culture. If you see just one of the many events, make sure it's this weekend's free Matsuri (festival) in Hyde Park (Saturday and Sunday, 1pm to 8pm) – a riot of exhibitionism, with dancing, processions and workshops. Highlights include Yabusame (traditional horseback archery), Abu Odori (folk dancing), the thunderingly impressive Taiko drumming and Kabuki-style face painting. There are also pop groups (check out Rinken and DFO), fashion shows, film screenings and an audience-interactive Japan Super Quiz. Wasssabe!

GERI HALLIWELL BY ALAN DAVIDSON. CLEOPATRA BY CORBIS. TRACEY EMIN BY DILLAN BRYDEN

### Something optimistic

Will we ever get to see the sun in London this summer? Probably not, so here's the solution to the vagaries of the British weather – Variosun, the sun-tan lotion with the variable sun protection factor (SPF). It's easy to use, so if you want the perfect Geri Halliwell all-over tan – bright scarlet is a real beauty no-no – simply turn the dial on the front of the bottle to the SPF you require (from 2 to 30) – and that's it. It also means an end to all those half-used bottles of suntan lotion that clog up the bathroom cabinet. If only the weather were as easy to control... Available from [www.variosun.de](http://www.variosun.de)

