

YOU

THE MAIL ON SUNDAY • 22 JULY 2001



DIAL SPF FOR PROTECTION

Sick of lugging a heavy vanity case on holiday? Variosun could be the answer. A why-didn't-they-think-of-that-before bottle with a dial that allows you to adjust your protection at any time – from two to 30. Your SPF choice is then mixed in the pump and released. It's available at Superdrug in Classic, Lotion, Spray, Sensitive, Sport and an Aftersun, which lets you dial for soothing or skin-quenching moisturisation (priced £9.99-£14.95). And Variosun has a refill service, with prices starting at just £3.50. Visit www.variosun.net for more information.

THE SEVEN STAGES OF HOLIDAY HEAVEN

Which stage are you at

EMMA THOMPSON 'Why I'll never hack it as a glamourpuss

PHEW, WHAT A SCORCHER! Ten sizzling sundresses

THE FEAR THAT WON'T GO AWAY Coping with post-traumatic stress disorder