

**Intro**

A quick lineup of the items that will be shown in this episode.

**Special (Make Up)**

An exclusive report and/or an interview with a high profile makeup artist. Get tips, tricks and an inside look at her/his job.

**Celebrity Countdown**

A top 5 with celebrities related to make up, nails, jewelry, hair or accessories.

**The Face**

Get to know your favorite model or glammed up celebrity better.

**Fit Girl/Fit Boy**

Make up can't mask an unhealthy face or body. In the fit girl or boy celebrity trainers tell you how the celebs get those envy bodies.

- BREAK -

**Special (Manicure/Accessories/Jewelry)**

Make Up and Hair? Check! But how to finish your perfect look. Here we talk to experts from the field who tell you how they started, the biggest trends and what the celebs do.

**Good Food**

Eating healthy helps with getting a natural glowing skin. Which diet do the stars use? Ever heard of superfoods, meat, fish or is vegan the way to go.

**Special (Hair)**

We care about hair. Celebrity hairdressers talk to our camera's and tell how they style models at various fashion shows and all kind of other secrets from the field.

**Mindfulness**

Let's end with a cooling down. You look all glammed up, eat healthy and are in great shape. But don't forget your mind. Meditation, Yoga or just tips for a place to clear your head. Here it is!