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MAGAZINE

FREE INSIDE WEIGHT WATCHERS DIET DIARY

Packed with recipes, exercises and top tips to stay on track

PM'S DISGUST AT STUDENT TSAR'S SORDID TWEETS

May slams obscene and sexist posts by university watchdog as female MPs call for his scalp

Theresa May was last night engulfed in a row over obscene tweets sent by her controversial new university tsar – casting a huge shadow over her imminent Cabinet reshuffle. The Prime Minister last night voiced her 'distaste' for a string of sexist and obscene tweets sent by Toby Young – whose position on the new Office For Students watchdog was put into deeper jeopardy as it was

By Simon Walters POLITICAL EDITOR

revealed that he posted a sick sexual 'joke' about starting children on Corax Relief. The campaigner's misogynistic Twitter messages threaten to undermine Mrs May's attempts to rebrand the Tories as a women-friendly Party with the expected promotion

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Why I've put my eggs on Ice at 41... by society It Girl Lady Victoria

'DESPERATE FOR A BABY': Lady Victoria Hervey

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Ease into the new year with SBC

New year, new start — it's all about improving who you are. Whether you want to lose weight, get fit or eat healthy, it's often easier said than done. We've all been there at the start of the year with good intentions, only to find by mid-January we've fallen back into old habits.

SBC wants you to make the new year about simply being you. Happiness has never been measured in pounds, and a healthy mind and body is a lifestyle, not a quick fix.

Getting active has its perks — increased energy levels, feeling happier, jump-starting your metabolism and improving sleep.

So, add a daily walk, swim or run to your routine. Just making a simple change can leave you feeling better — in body, mind and spirit.

After exercise, treat yourself with the SBC Arnica Collection. The combination of natural ingredients and herbal therapy, has been developed to relax and care for your mind and body, and to leave your skin feeling soft and healthy.

STEP 1:

Run yourself a warm bath, light some candles and pour in the Arnica Muscle

Soak. Relax while slowly breathing in the comforting arnica aromas, leaving your body and mind completely at ease.

STEP 2:

Cleanse your skin with the moisturising Arnica Bath & Shower Creme. Infused with calming lavender and rejuvenating rosemary essential oils, it deeply cleanses the skin and clears the mind.

STEP 3:

After bathing, massage your skin with SBC's new Arnica Body Butter. With added extracts of nourishing Shea Butter, Vitamin E and Sweet Almond Oil, the comforting, creamy body butter soothes and deeply moisturises.

Let SBC travel with you on your 2018 journey: #SimplyBeYou



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