

NATURAL HEALTH

THERAPIES | WELLNESS | BODY | NUTRITION | RETREATS

Holistic ways to
**OUTSMART
YOUR AGE**

**+ Use mindful awareness
for a younger, slimmer you**

*Tasty 15-minute
vegan dishes*

REFRESH & RECHARGE

**HARNESS YOUR ULTRADIAN
RHYTHMS FOR MORE ENERGY**

Look **LESS
TIRED** *today!*

**Banish dark circles
& wrinkles, naturally**

**IS YOUR HOME
STRESSED?**

**CLEAR TOXIC
ENERGY FAST**

Revealed:
**THE INCREDIBLE
ANTI-AGER YOU
HAVE TO
TRY**

£3.99 | MAY



aceville

Also inside: NATURAL REMEDIES TO BEAT PMS & SPRING ALLERGIES
• **SIMPLE YOGA POSES FOR A STRONGER BACK** • THE BEST ETHICAL FASHION BUYS

NATURAL HEALTH
INTERNATIONAL BEAUTY AWARDS
2017

200 BEST NATURAL BEAUTY BUYS

*Expert-tested,
Editor-approved*



NATURAL HEALTH
International
BEAUTY AWARDS
2017™

- ANTI-AGEING
- CHEMICAL-FREE
- BUDGET-FRIENDLY

EYE CREAMS | SKIN SERUMS | CLEANSERS | MOISTURISERS | MAKE-UP

THE FACE OF BEAUTY

Everything you need for smooth skin and a glowing complexion



1. Trilogy Rosapene Radiance Serum, £29.50, trilogyproducts.com
2. Green People Age Defy+ Tinted DD Moisturiser, £36, greenpeople.co.uk
3. Aroma Works Rejuvenate Face Serum Oil, £45, aroma-works.com
4. Rio Rosa Mosqueta Rosehip Seed Oil, £10.49, riorosa.co.uk
5. BareFace Minerals Face Highlighter, £12.98, barefaceminerals.co.uk
6. Earth Mother Soul Sister Eye Cream Plus, £32, earthmothersoulsister.co.uk
7. Pevonia Lumafirm Repair Cream, £78, pevonia.co.uk
8. Dafna's Personal Skincare Moisturiser+, £60, dafnaskincare.com
9. Organic Surge Hydrating Eye Cream, £19.95, organicsurge.com
10. Kathleen Caviar Enrich Eye Cream, £78, kathleennatural.co.uk
11. Soothe Me Radiant Skin Serum, £16, soothe-me.com



JET SETTER

Don't leave for the airport without packing these holiday must-haves



Left to right, top to bottom:
 SBC Holiday Travel Kit, £25, sbcgels.co.uk
 Trilogy Rosehip Oil Light Blend, £31.50,
trilogyprouducts.com Tropic Tinted Skin
 Shade Mineral Facial Sun Protection,
 £24, tropicsskincare.com

Dr. Hauschka After Sun, £15.50,
dr.hauschka.co.uk Nourish Illuminating
 Face Shimmer, £18, nourishskinrange.com
 Bellamianta Shimmering Oil, £19.99,
bellamianta.com Rio Rosa Mosqueta
 Rosehip Discovery Set, £12.95, riorosa.co.uk