

# TOP anté

E YOUR HEALTHY LIFE

EAT RIGHT  
FOR YOUR  
CARB TYPE  
& be forever slim!

Your N°1 natural  
hormone boost to

## FEEL & LOOK YOUNGER

Discover the most  
effective workout ever  
*(proven by scientists!)*

# OUR DRIVING ENERGY REFRESH

6 best skin  
smoothing  
body scrubs  
Reveal a radiant  
new you

ize the long weekend  
**top-to-toe renewal**  
natural lifestyle tweaks  
**ramp up immunity**  
nk yourself fitter with  
**ways to stay motivated**



Why keeping  
your mouth  
healthy protects  
your heart!

# Healthy NEW YOU

Great ways to support your wellbeing this month.

## BALANCE THE SKIN, UPLIFT THE MIND

SBCs Jasmine & EPO Skincare Gel is an intense moisturising gel enriched with exotic, warm and harmonising Jasmine to provide balancing and clarifying care for every skin type whilst delivering calming yet uplifting benefits.

This easily absorbed gel with an exquisite aromatherapy fragrance, has been specifically targeted to calm and relax those who experience the pressures of daily life and those who suffer from extreme dryness or oiliness.

£19 for 250ml

Visit [sbcgels.co.uk](http://sbcgels.co.uk)



## THE "GODDESS" OF ALL GYM BAGS



With separate compartments for Footwear, Toiletries and wet clothing, the Workplay Goddess bag is the ideal multi compartment gym and travel bag.

Shaped to be comfortable to wear and sized to fit in lockers and most airlines hand baggage allowance - it's the intelligently organised bag for active women.

[www.workplay-bags.com](http://www.workplay-bags.com) Tel: 0117-954-8003  
10% off till April with TS10

## BURN CALORIES WITH HEAT

Far Infrared is a soothing deep heat similar to sunlight but without harmful UV, making Firzones' latest home sauna, the portable Tourmaline Pro, ideal for detoxing, slimming, fitness, relaxation and muscular stiffness.

The thermal energy penetrates deeply into your body inducing perspiration at reduced air temperatures.

It folds for storage and has a foldable chair, ceramic heater and carbon heated wall panels overlaid with tourmaline discs.



Visit [firzone.co.uk](http://firzone.co.uk) or call 0845 6807671.

## ENGLISH CHAMOMILE

Used therapeutically since the time of the ancient Egyptians.



Its calming effect on the skin, mind and body are well documented as well as its benefits as a treatment for insomnia and anxiety.

We grow English Chamomile on our Sussex farm. We harvest the flowers and steam distil them to extract the essential oil.

We produce a range of home, bath and body products infused with our Essential Oil providing the benefits of this ancient oil. Available from our online shop.

Discover more at [cottagechamomile.co.uk](http://cottagechamomile.co.uk)