

# NATURAL HEALTH

BODY | BEAUTY | DIET | YOGA | THERAPIES | RETREATS

*Holistic solutions*

## HEAL YOUR BODY

THE LIFE-CHANGING THERAPY YOU MUST TRY

*Anti-age your hair*

**STRONGER, THICKER, LONGER**

**20% OFF**  
**ASQUITH YOGA KIT**

**HOW TO THINK YOUR WAY TRIM**

*New 16-page food section*

- **WHAT TO EAT TO FEEL HAPPY**
- **NATURAL CURES:** eczema, IBS, migraines, endometriosis
- **"WHY I WENT GLUTEN-FREE"**

**GETAWAYS TO NOURISH THE SOUL**

## 10 WORST ENERGY ZAPPERS

**\*and how to beat them**

**EXPERT ADVICE:** BAREFOOT DOCTOR, DALE PINNOCK, NATASHA CORRETT, JO WOOD, JANEY LEE GRACE, IAN MARBER, LYNNE FRANKS



# Exclusive Free Mask Offer



Our unique 100% natural Earth Kiss face masks are energised with 85 plant micronutrients found in Himalayan Shilajit and contain wonderful ingredients from around the world. They not only deep cleanse your skin but also help to rejuvenate the very essence of your being.

Release your inner beauty with the confidence of wonderful skin.



**TRY ONE FOR FREE\***

before they get to the stores!

To register for your FREE sample visit:  
[www.myearthkiss.com/freemaskUK](http://www.myearthkiss.com/freemaskUK)

Available soon from: Tree of Life, The Health Store and CLF



\* Offer limited to 500 samples.

# BEAUTY

## BEAUTY ED'S PICKS

Australian Bodycare Foot Cream, **£9.99**, [australianbodycare.co.uk](http://australianbodycare.co.uk)



VOYA Exfoliating Body Brush, **£17**, [voya.ie](http://voya.ie)



Good Things Argan Oil Moisture Boost Facial Serum, **£7.99**, [goodthingsbeauty.com](http://goodthingsbeauty.com)

John Masters Organics Relaxing Body Scrub, **£16**, [johnmasters.co.uk](http://johnmasters.co.uk)



Dr Hauschka Night Serum, **£39.99**, [drhauschka.co.uk](http://drhauschka.co.uk)



La Sultane de Saba Blossom Silk Protein Body Scrub, **£38**, [desaba.co.uk](http://desaba.co.uk)



Delarom Slimming Perfection Cream, **£39**, [urbanretreat.co.uk](http://urbanretreat.co.uk)



# NEW MUST-HAVES

These gorgeous summer buys are hot off the press



Pevonia Stem Cells Intensive Cream, **£150**, [pevonia.co.uk](http://pevonia.co.uk)



Chantecaille Lip Chic in Moroccan Rose, **£30**, [uk.spacenk.com](http://uk.spacenk.com)

Chantecaille HD Perfecting Bronze, **£62**, [uk.spacenk.com](http://uk.spacenk.com)



Bare Minerals Complexion Rescue Tinted Hydrating Gel Cream, **£26**, [bareminerals.co.uk](http://bareminerals.co.uk)

