



# Red

FEBRUARY 2015 £4  
www.redonline.co.uk

## NEW YEAR HAPPIER FITTER YOU

- 30 DAYS OF DELICIOUS FOOD & EASY EXERCISE
- DETOX YOUR MIND IN 10 MINUTES
- LOSE YOUR WINTER WEIGHT

### Red's talking about...

- Miriam González Durántez: the thinking woman's girl crush
- Philippa Perry's reboot reads
- Mark Ronson, 39½, ex-party boy, wannabe dad

KATIE HOLMES  
LEARNING TO THRIVE

TABOO

I'VE ONLY EVER SLEPT WITH MY HUSBAND

Spa  
**SPECIAL**

Gwyneth's secret retreat

Get some  
Nordic Zen  
Spa breaks  
under £200



fashion  
TO LIFT  
YOUR  
MOOD

ITALIAN  
WOOD  
LAMP,  
.Habitat

COTTON,  
POLYESTER  
AND  
ACRYLIC  
CUSHION,  
£15, BHS

HOT WATER  
BOTTLE  
AND WOOL  
COVER,  
£45, Tori  
Murphy

MOHAIR- AND  
WOOL-MIX  
THROW, £185,  
Designers  
Guild at  
Amara

WOOL  
BLANKET,  
£119, By Mölle  
at Amara

WOOL RUG, from £310,  
Scion at John Lewis

GLASS CARAFE  
AND TUMBLER,  
£26, LSA

# HOME *comforts*

Red's edit of the best winter warmers,  
for those cosy days at home

WOOL SOCKS, from  
£22 a pair, all Toast

ORGANIC COTTON  
DUVET COVER, from  
£79, Toast

COTTON  
EYE MASK,  
£45, Otis Batterbee

AURELIA  
PROBIOTIC SKINCARE  
CELL REVITALISE  
NIGHT MOISTURISER  
100ml / 3.4 fl.oz

AURELIA  
Cell  
Revitalise  
Night  
Moisturiser,  
£42

WOOL RUG, from  
£320, Margo Selby  
at John Lewis

POLYPROPYLENE  
AND JUTE RUG,  
£110, Ikea

HUSH Diffuser in  
Pomegranate &  
Peppercorn, £30

JO MALONE  
LONDON  
OMALONE Cardamom  
& Moroccan Rose  
Candle, \$42

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