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UK's top alternative wellbeing magazine

# NATURAL HEALTH

WELLBEING | PILATES | BEAUTY | DIET | YOGA | RETREATS

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WAYS TO

## LOOK & FEEL YOUNGER

+ antioxidant-rich foods  
for luminous skin

### *The best holistic therapies*

- Mindful steps to inner calm
- Heal your soul with reiki
- Ayurvedic pain relief

**SECOND  
HAND  
STRESS:**  
THE REASON  
YOU'RE SO  
ANXIOUS?

*The miracle  
mineral  
for guaranteed  
VITALITY!*

## FUTURE-PROOF YOUR BODY

*Protect your joints & strengthen your core, naturally*



**Plus:** RE-TRAIN YOUR BRAIN AND BE MORE SUCCESSFUL • 3 HEALTHY  
RECIPES TO SUPERCHARGE YOUR LUNCH • TOP ETHICAL FASHION BUYS



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## BOOK IT IN

**SenProtect and Repair Facial, £80** [senspa.co.uk](http://senspa.co.uk)

This anti-oxidant rich facial reduces free radical damage by up to 47 percent.

**Body Contouring and Inch Loss Treatment, from £150** [theorganicpharmacy.com](http://theorganicpharmacy.com)

Using ultrasound and radio frequency technology, this treatment safely delivers wavelengths of electro-magnetic energy to the lower layers of the dermis that contain collagen and fats.



## BANISH BLEMISHES

Greasy SPF's, sunny spells and self tanners can take their toll by unbalancing your skin and leading to sudden breakouts. Aurelia's Miracle Cleanser (£38 [aureliaskincare.com](http://aureliaskincare.com)) is gentle enough for all skin types and includes an antibacterial bamboo muslin cloth to deep clean away grease and pore-clogging dirt.

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## PROTECT YOUR POUT

Our lips are one of the thinnest areas of skin on your face therefore the sun's damaging rays can dry them

out quicker than you can say "lip balm". To keep them luscious, regularly buff them with a dry toothbrush before applying a product rich in SPF to keep them supple.

Ilia Lip Conditioner Balmy Rays SPF15, £22 [naturisimo.com](http://naturisimo.com)



## HIT THE SPOT

While soaking in the summer sun can boost our vitamin D intake, it can also wreak havoc with our skin health. Prevent pigmentation forming by staying out of direct sunlight in peak hours and up your sun protection. If it's too late, celebrity facialist Sun-Man has bought out a range of luxury products that target environmental damage. Velvet Skin Brightening Serum, £98 [cultbeauty.co.uk](http://cultbeauty.co.uk)



## UP YOUR ANTIOXIDANTS

It sounds too good to be true but you can reverse the damage caused by free radicals – those skin enemies created by UV rays – with a resveratrol-packed serum. Caudalie's Firming Serum (£45, [caudalie.com](http://caudalie.com)) includes vine resveratrol (for firmness) and micro hyaluronic acids to fight the signs of ageing and plump out skin for a youthful complexion.



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## C THE DIFFERENCE

Every beauty brand worth their salt knows that vitamin C is the go-to for radiant skin. Get your quick fix by applying a face mask packed full of skin-loving ingredients such as Ren's Flash Rinse 1 Minute Facial, £32 [lovelula.com](http://lovelula.com)