

Charlize Theron: older, wiser, happier

UK EDITION

PSYCHOLOGIES

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MAGAZINE

Charlize THERON

On being
fearless
and finding
fulfilment

DRUNK ON LIFE
Meet the new
soberistas

Fallen out of love?
The one secret to
reconnecting

18-PAGE SPECIAL

Decluttering Simplify your space

TEST: What does your home say about you?

8

WAYS
TO MAKE
YOUR
BOSS WORK
FOR YOU

+

ELIZABETH
GILBERT
“Be creative
and curious”





THE BOOST } wellness

BUG'S LIFE

Having devoured two recent health tomes – *I, Superorganism* and *10% Human* – it's astonishing to learn that humans are 90 per cent bacteria (fact). Support your skin with new pre- and probiotic brand Gallinée launch La Culture – a skincare range that balances, brightens and soothes, from £12.

HERBAL HELP

From dry eyes to mild anxiety, A Vogel herbal remedies have helped me a great deal. If you're in need of health or lifestyle advice, you can chat to A Vogel's advisers via the website, or call 0845 608 5858.



SECRET SMILE

Leading me through the overgrown gate of Frances Hodgson Burnett's famous book, Birch & Brook's Secret Garden Candle, £38, sings with peony, hyacinth and lily of the valley, undercut with notes of musk, vetiver and heliotrope.

This is the month to...

seek
the light



My best friend brims with optimism. Life might be hard, but she'll always have a giggle; work may be dull, but she brings a smile to others as she goes about it; money is tight, but she's amazing at finding frugal ways to live life to its fullest. Studies show that the way we live when times are good (counting, savouring, relishing those blessings, every day) can dramatically transform the way we cope when life is tough. We all have the ability to foster optimism – but it takes practice. This month, give it a try... even if just to stop and smell spring's first roses in the middle of an uproarious downpour.

Emine

Health + wellness director



ON THE EVE

Before founding Aurelia, Claire Vero worked for the pharmaceutical company that developed the cervical cancer vaccine – a cause close to her heart, it led her to unite with beauty expert and blogger Caroline Hirons, who lost her grandmother to the cancer. £10 from every bottle sold of Cell Repair Night Oil, £45, will go to The Eve Appeal, the UK's only national gynaecological cancer research charity.