

Veggie

Food * Wellness * Living

APRIL 2016

36 Dishes for SPRING

Mary Berry's
Saturday lunch

Spinach & goat's
cheese pizza

Spelt spaghetti
with courgettes

Healthy & Homemade

Recipes to
make you
glow!

TASTY
MOROCCAN
SALAD

FROCK ON!

*This season's
hottest ethical
style buys*

**Pearl
Lowe:**

*"For me, nature
is everything"*

SAVOUR THE

Good life!

* Windowsill micro salads * Homemade mustards you'll love
* Gooseberry & Elderflower Cake * Cruelty-free beauty miracles

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Beauty Boost

Transform your beauty bag with these cruelty-free must-haves

PURE ESSENCE EAU DE
PARFUM NO.2 ROSE, £39,
NEALSYARDREMEDIES.COM



ALL OF ME WARM
WATERMELON STICK,
£30, NET-A-PORTER.COM



AMBITION LIPSTICK,
£14.50, UK.LUSH.COM



CLEANSE & POLISH HOT
CLOTH CLEANSER, £14,
UK.LIZEARLE.COM



AROMATIC REPAIR &
BRIGHTEN HAND CREAM,
£28, AURELIASKINCARE.COM



SCULPT & GLOW
CONTOUR DUO, £14.99,
LILYLOLO.CO.UK



MINERAL MASCARA –
BLACK, £19, INIKA.CO.UK



YTTP SERUM, £55,
ABEAUTIFULWORLD.CO.UK



ROSA CENTIFOLIA
CLEANSING GEL, £15,
RENSKINCARE.COM



CHARCOAL RESCUE
MASQUE, £38,
DERMALOGICA.CO.UK



BARESKIN COMPLETE COVERAGE
SERUM CONCEALER, £22,
BAREMINERALS.CO.UK



THIS WORKS IN
TRANSIT CAMERA
CLOSE-UP, £30,
NATURISMO.COM

