

Naturally Vogue... *Delicious and healthy treats for inside and out!*



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1. Packed with wholegrain oats, and no added sugar, **NAIRN'S OATCAKES** are full of slow release energy. Try these wheat-free savoury biscuits topped with hummus or peanut butter for a natural energy boosting afternoon snack. Also available in gluten free versions. Visit www.nairns-oatcakes.com or the Nairn's Oatcakes facebook page for more information.

2. **RAWR CHOCOLATE** is dairy free, delicious and organic. Processed at low temperatures to preserve enzymes and nutrients, this raw chocolate is a natural treat that tastes amazing! Sold individually or in gift packs, there are six mouth-watering flavours to choose from. Available online, in Selfridges, and many independent UK stores. For more information, visit www.rawrchocolate.com

3. Introducing **ZEO** – the new soft drink with the tingling taste sensation. ZEO, the all-natural, premium soft drink, has arrived. ZEO peach and grapefruit Burst, ZEO citrus Crush and ZEO lime Zest contain a secret blend of fruits and botanicals which create a tingling taste sensation. Without a single artificial ingredient and at less than 60 calories per bottle (275ml), the guilt free flavours are all available in Harvey Nichols and Ocado. ZEO Tingle Bells, the Christmas limited edition is flavoured with winter berries and mulled spices creating a special tingle for the festive season. Visit www.drinkzoe.com #ZEOtingle.

4. Bringing a little glamour into a gluten-free world, **GLAMOUR PUDS** desserts are decadent and delicious. All of their products are gluten and dairy free, but without compromising their taste, and there are no hidden nasties in the ingredients. For the perfect after dinner treat, visit www.glamourpuds.com or call 020 8579 3135.

5. **THE LIVING FOOD KITCHEN's** products are made using delicious raw ingredients including superfoods such as almonds, cacao, coconut oil, hemp seeds, and blueberries. Nothing is processed or heated above 45°C and there isn't a trace of dairy, gluten or soya in any of them. For more information, visit www.thelivingfoodkitchen.com or call 020 8453 9466.



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6. These **ANGELIC CRANBERRY CRUNCH COOKIES** are certainly the lighter way to indulge! Made with reduced fat, these cookies are free from gluten, wheat, dairy and eggs, and contain less than 75 calories. Angelic cookies can be found in the Wholefoods Market, quality independent retailers throughout the country, or are available to purchase online at www.angelicglutenfree.co.uk Call 0845 680 4347 for more information.

7. **INSPIRAL ORGANIC RAW KALE CHIPS**. Taking the UK by storm, these award-winning crunchy leaves are enhanced with superfoods. Gluten-free, vegan and slow-dried to retain nutrients. Made using solar-power, and packed in pioneering home-compostable bags. inSpiral's impressive range of unique raw snacks are available from www.inspiral.co, from their optimum nutrition café in Camden and from good healthfood shops.

8. **ELENA'S GLUTEN FREE WAY**. Specialized in importing and distributing the highest quality gluten-free products from Italy, Elena's Gluten Free Way provides products for those with Coeliac disease or who just prefer to avoid gluten, without compromising on taste. The company was awarded the Highly Commended certificate at the PAPA Industry Awards 2012. Visit www.elenasgfway.co.uk or call 020 3239 2230 and receive a 10% discount when using the code VOGUE10PC at the checkout until 30th November 2013.

9. **DELI DIVINE** sources fantastic gourmet gluten free foods – award-winning delights from British artisan producers. Take divine inspiration from gorgeous and gluten free savouries, cakes, hampers and gifts, with free next day delivery over £37. Visit www.delidivine.co.uk or call 02381 785061.

10. **KOKO DAIRY FREE ORIGINAL** is a unique dairy and soya free alternative to cow's milk made with freshly pressed coconut milk. It has the same fat level as semi-skimmed milk but just 27 calories per 100ml, so it's even easier on the waist than skimmed milk. A delicious allergen free, low calorie milk alternative it is available from all major supermarkets and health stores from £1.39 for 1L. Visit www.kokodairyfree.com or call 01564 731980 for more information.

11. **BIONA ORGANIC RAW VIRGIN COCONUT OIL**. Ethically sourced from farmer co-operatives in the Philippines. This premium coconut oil is unrefined, unbleached, non-hydrogenated and raw. It is the most suitable oil for high temperature cooking and can also be used externally for skin and hair. Available from Wholefoods Market, Planet Organic and any good health food store. Also available online via Amazon. Visit www.biona.co.uk or call 020 8547 2775 for more information.

12. **BOOJA-BOOJA's** multi award-winning, melt-in-the-mouth truffles. Sweet-roasted Italian hazelnuts and fine organic chocolate from the Dominican Republic are brought together to create something very lovely. Organic, dairy, gluten and soya free. Available from Harvey Nichols, Selfridges, selected Waitrose stores and Ocado. RRP £6.99. Visit www.boojabooja.com or call 01508 558888 for more information.

13. **BIG OZ** believe in keeping their products 100% natural and use only pure whole grain. All their cereals are organic, gluten-free and they use no artificial colours, flavours or preservatives. The cereals are naturally cholesterol free and low in saturated fat content and so are ideal for people with food allergies or gluten and wheat intolerances. For more information, visit www.bigoz.co.uk or call +44 (0)1932 788 373.

14. **BRAW's** aim is to help people eat guilt free snacks anytime, anywhere. The excellent Scottish bar uses lots of tasty fruits to give you one of your five a day, and provides slow releasing energy through oats. Without any added sugars or preservatives, it also remains low in fat, high in fibre and is only just over 100 calories. Available in strawberry, apple & pear, cocoa & orange, or blackcurrant, the bars are gluten, wheat, dairy free. For more information, visit www.brawfood.co.uk or email ben@brawfood.com



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15. CELIA is the first lager in the world with the benefit of being gluten free and naturally carbonated, giving it a truly light feel. A craft Czech lager made from natural, locally sourced ingredients, it was awarded "best gluten free beer" at the 2013 Free From Awards. It is now available at Whole Foods Market and will soon be going organic. For more information and where to buy, visit www.celialager.co.uk or call +44 (0)7881 522055.

16. CONSCIOUS CHOCOLATE's are delicious, raw, handmade, hand-wrapped, truffle-like chocolate bars. Their range is created from ethically sourced, premium quality, organic, raw and wild ingredients. The whole range is vegan, vegetarian and organically certified and free from dairy, soya, gluten and refined sugars. For more information, visit www.consciouschocolate.co.uk or email info@consciouschocolate.co.uk

17. Knu is the powerful new facial serum from **MICHAEL TODD TRUE ORGANICS**. Enthusiastically endorsed by U.S. based physician and author Dr. Eric Braverman, who specialises in anti-aging, Knu is made with 70% organic ingredients synergistically combined with DMAE, Tripeptides, AHAs and other ingredients. Knu helps firm the skin's appearance and reduce signs of premature skin aging. Visit www.michaeltoddtrueorganics.com or call 1.772.343.0222.

18. BOB'S RED MILL NATURAL FOODS produces award winning, gluten free and nutritionally dense whole grain foods with a difference. This unique brand is widely acclaimed amongst cooks, chefs and coeliacs and is a must for anyone with an interest in gluten and wheat free living. Check out their "Homemade Wonderful Bread Mix" which bakes up a fantastic, all-purpose loaf. For more information, contact their distributor Lavid Food at www.lavidfood.com or call 0844 774 5888. Stockists include Whole Foods Market, Independent Health Food Stores and Fine Food stores nationwide, Amazon UK, Ocado and www.glutenfreefoodmarket.co.uk

19. THE ALCOHOL-FREE SHOP. Real wines with the alcohol removed have all the heart-health benefits of ordinary wine but only about a third of the calories. At The Alcohol-Free Shop you can choose from a range of 45 wines and more than 20 beers plus delicious cocktails, fruit juices and soft drinks, and have them delivered to your door. Visit them now www.alcoholfree.co.uk

20. QUEEN B-TOX. A 7, or 14 day B-tox tea made from herbal ingredients it's simple, natural and easy to do. By drinking one teacup each night it produces great results and is creating legions of followers in its native Australia. Discover what's behind the buzz around the B-tox by visiting www.queenbofficial.com or www.facebook.com/official.queenb and see the results on Instagram or twitter @queenb. Official Quote 'VOGUE' at the checkout to receive 10% off any purchase. Valid until 31st October 2013.

21. MARY ELIZABETH's ethos is to be natural, effective, and stylish. All their products are packed with vitamin enriched plant oils and essential oils, carefully chosen for their skincare properties. Try their Frankincense and Rose moisturiser to help boost and brighten your complexion and combat those signs of ageing. Visit www.maryelizabethbodycare.com for more information.

22. BOHEMIAN CHIC MINERALS offer a gorgeous range of mineral make up delivered right to your door! From mineral foundations to eyeshadows you will find all you need to create a gorgeously natural look! Visit www.bohemianchicminerals.co.uk for a beautiful range of vegan mineral make up or call 07591 749310 for more information about the benefits of using the Bohemian Chic minerals collection.

23. KATS KALMA Equilibrium body oil is high in vitamins A, B and E, minerals and essential fatty acids, Camellia, Jojoba and Evening Primrose oil helps to balance your body and mind, and could relieve tension when massaged into the skin. Essential oils in this antioxidant rich body oils not only smell amazing but Melissa, Grapefruit, Geranium and Clary Sage could also help relax your body and soothe the skin. Available from www.katskalma.com

24. HENNA BOY is your one stop shop for the best in Henna body and hair products. Their kits come made up with fresh henna powder and dry mixing ingredients to create fabulous results! A pre-mix service is also available if you are new to the art of henna. 10% discount for online retail orders quote VOGUE13 during checkout. Visit www.henna-boy.co.uk or call 07854 276513 for more information. Available online and wholesale retail enquiries welcome.

25. Made from pure organic cotton, RAWGANIC FACIAL CLEANSING WIPES gently cleanse, tone and moisturise, effectively removing make-up. The fragrance-free, green tea and aloe vera formulation also soothes and conditions the skin. Make Rawganic part of your daily facial cleansing routine and avoid aggressive chemicals and be reassured that you are using something truly safe and certified organic by the Soil Association. Visit www.marshallcurtis.com or call 01235 512 211.

26. SAIYA. 100% Natural Mineral Powder, Saiya mineral makeup uses the colour of minerals naturally found in nature to achieve an incredibly soft powder. Free from fillers, bismuth oxychloride, talcs, and nano particles, it helps to create the appearance of a radiant and fresh complexion by blending effortlessly to work with your skin's own shade. The accompanying brush is luxuriously soft, and made from man-made bristles. Registered with the vegan society. For more information, visit www.saiya.co.uk or call 03302 231234.



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