

LOOK & FEEL AMAZING!

# Health & Fitness

February 2009 \* £2.99

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17-PAGE SPECIAL

# DETOX AND REVIVE!

## YOUR 2009 TOTAL HEALTH MOT

EXCLUSIVE

### MEL B

The secret  
behind her hot  
new shape

Are you  
compatible?

Take the  
relationship  
test, page 56



MARATHON TRAINING TIPS  
WORKOUT DVDS TESTED  
WINTER VEGGIE RECIPES



## STUFF WE LOVE...



### Gym-bag essentials

fcuk SPORT is a new range of beauty products designed to leave you feeling invigorated and refreshed after a strenuous workout. Try the fcuk SPORT Bodywash and Bodyspray, both £4.50; Boots stores nationwide.



### Cycle sure

This waterproof Reisetel Bike Basket, £43.50, is designed to hook securely on to the front of your bike, and has handy pockets for all your valuables; [www.quirkybags.co.uk](http://www.quirkybags.co.uk).

### Think pink

These lightweight pink champagne Infinitus Puma trainers, £65, offer ultimate support for training and racing, with internal arch technology and cushioning to promote efficient heel-to-toe transition; [www.pumarunning.com](http://www.pumarunning.com).



### Lions' pride

adidas is the proud kit providers for the British and Irish Lions' 2009 rugby tour. You can buy a replica ClimaCool all-weather, rugby women's shirt for £40; visit [www.adidas.com](http://www.adidas.com).

### Diamond sparkle

Blinc's face exfoliating Resurf-a-stic, £29.95, is said to help reduce fine lines and wrinkles, and promote collagen production, leaving you with beautifully soft skin. Also available for body and feet; 0845-006 8800.



## TRADE SECRETS: DAWN MELLOWSHIP

The author of *Toxic Beauty* gives us her top tips for natural body and skincare

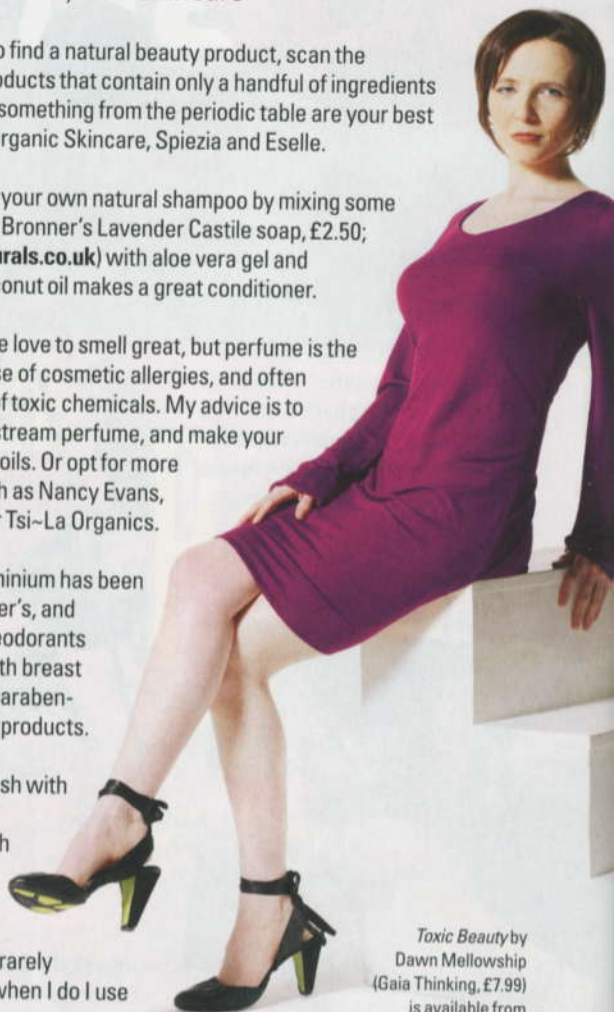
**Check the label** To find a natural beauty product, scan the ingredients list. Products that contain only a handful of ingredients and don't read like something from the periodic table are your best bet. I like Beyond Organic Skincare, Spiezia and Eselle.

**Beauty DIY** Make your own natural shampoo by mixing some castile soap (try Dr Bronner's Lavender Castile soap, £2.50; [www.summernaturals.co.uk](http://www.summernaturals.co.uk)) with aloe vera gel and wheatgerm oil. Coconut oil makes a great conditioner.

**A natural scent** We love to smell great, but perfume is the most common cause of cosmetic allergies, and often contains a myriad of toxic chemicals. My advice is to steer clear of mainstream perfume, and make your own with essential oils. Or opt for more natural brands, such as Nancy Evans, Trillium Organics, or Tsi-La Organics.

**One to watch** Aluminium has been linked with Alzheimer's, and parabens used in deodorants have been linked with breast cancer, so look for paraben- and aluminium-free products.

**Keep it simple** I wash with Oliva olive oil soap, cleanse my face with almond oil and moisturise with Raw Gaia's Living Hemp Moisturiser. I rarely wear make-up, but when I do I use Inika's mineral make-up range.



*Toxic Beauty* by Dawn Mellowship (Gaia Thinking, £7.99) is available from February in paperback

## SO HOT...

### ▲ Lucky No.13

Show your support for the British Heart Foundation by wearing red to work on Friday, February 13. Order a free Go Red Challenge Pack from [www.bhf.org.uk/red](http://www.bhf.org.uk/red).

### ▲ You choose

Donating to charity to support specific projects that are important to you is the way forward in 2009. Choose the type of cancer research you'd like to support at [www.cancerresearchuk.org/myprojects](http://www.cancerresearchuk.org/myprojects).

### ▲ Drive smart

We love the new fortwo cdi. The world's lowest-carbon-emitting car reduces fuel consumption by 20 per cent; £7,195. See [www.smart.com](http://www.smart.com).



## SO NOT...

### ▼ Feeling blue

Say no to SAD this winter with some light therapy from We Love Sleep lights, £9.99 ([www.welovesleep.co.uk](http://www.welovesleep.co.uk)).

### ▼ Sore pout

Chapped lips can be an ongoing problem at this time of year, but it's not just the cold weather that causes dryness. Try to stop licking your lips and switch to a fragrance-free natural lip balm.

### ▼ Being isolated

A *British Medical Journal* study shows you are 42 per cent more likely to be happy if a friend living in close proximity is happy too. It's said good health can be transmitted in a similar way too.