

The glossy weekly

# best

Shamed  
into losing  
7stone by  
my teenage  
daughter



## +++ New laundry ball for skin problems

If you or your kids suffer with eczema and react badly to laundry detergent, the new Ionic 1000 laundry ball lets you do your normal wash without detergent. Created by a naturopathic doctor, it increases your washing water's pH level and softens hard water, allowing a better wash without harsh chemicals. It costs £44.95 + £3 p&p. Tel: Freefone 0800 0260220.

