

ALL YOU NEED TO LOOK AND FEEL YOUR BEST

# zest

15% DISCOUNT AT  
ESSENSUALS HAIR SALONS

**LOSE A STONE  
FOR SUMMER!**

**NO DIET, NO GYM - FAST RESULTS**

May £2.80  
[www.zest.co.uk](http://www.zest.co.uk)



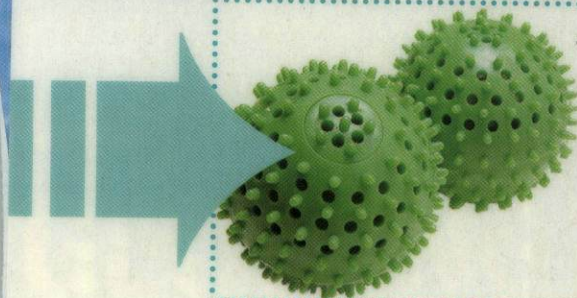
Problem sex, odd boobs, itchy bits  
**50** **INTIMATE QUESTIONS  
ANSWERED**

**SUPERCHARGE  
YOUR METABOLISM**  
Burn twice the calories

**MORE ENERGY  
BETTER MOODS**

The hormone report every  
woman should read

**SUMMER'S 8**



## Try this... **laundry balls**

Grab yourself a couple of these funky laundry balls as an alternative to your usual washing powder, which often contains nasty skin-irritating chemicals. These latest gizmos work by producing ionised oxygen that activates water molecules, making them penetrate deeply into fibres to shift dirt.

■ To order Aqua Balls, which cost £17.90 (inc p&p) for a pack of two (each ball does 60 washes), call 0800 0260220, or visit [www.aquaball.com](http://www.aquaball.com).

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**GORGEOUS**

**128** beauty tricks, confidence  
tips and pampering products

**20 ALTERNATIVE  
REMEDIES TO TRY NOW**

**THE HAPPINESS BREAKTHROUGH**  
READ THIS AND CHANGE YOUR LIFE FOREVER!