

# herb magazine

...CELEBRATING THE TRADITION OF NATURE'S HEALTHCARE

£1.95

SUMMER 2001: NO 8

## Creating your own herb garden

a word of expert advice

Think ginkgo  
...and win it!

Morocco's medicinal magic  
the Arab tradition lives on



### Sun dial solution

Suntan lotion is essential for your health in summer, and Variosun

Sensitive has come up with a clever way to avoid taking half a dozen different bottles abroad.

Their sun protection cream comes in one bottle containing two cartridges – of SPF2 and SPF30. You simply turn the dial on the bottle to find the protection factor required.

Variosun Sensitive costs £14.95 and is available via mail order on 0800 026 0220. [www.variosun.net](http://www.variosun.net).

- herb news • healing valerian • feverfew • sunburn tips •
- men's health • summer cuisine • natural beauty •
- teenage skincare • life saving olive oil • book reviews •