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prima

1001
tricks, tips
& clever
ideas

Making life simple

MARCH 2005
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Wear
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colours
for an
instant lift

Shed pounds
without trying
10 easy diet tricks
that really work!

Space savers
for every room

Health
questions
you must
ask your
mother

A month of
meals
31 quick &
easy recipes



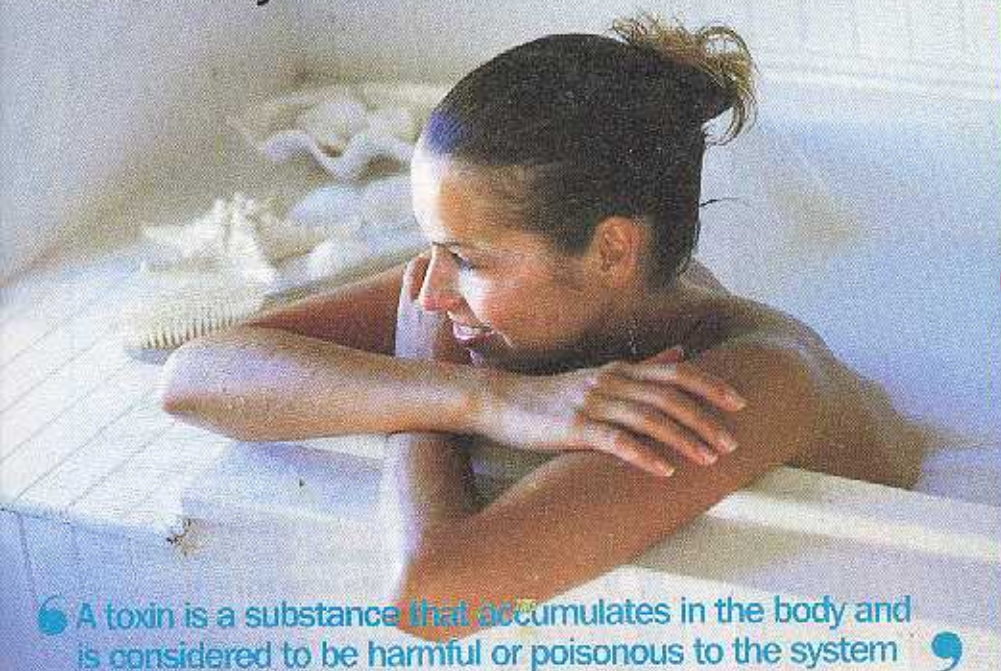
6 mistakes
every
woman
should make

how to...
make money
AND be happy

Give your
skin a detox
tips and treatments
to make you glow



101 ways to feel good
treats, food, looks and other happiness boosts



A toxin is a substance that accumulates in the body and is considered to be harmful or poisonous to the system

From the inside out

Three of the best detoxifying supplements you can take:

- 1 OXY-POWDER VEGETARIAN CAPSULES (£26.95 for 130g, 01423 642266). Forget the horror of colonic irrigation – these capsules release oxygen into the intestinal tract and body to clean a clogged colon. Fast.
- 2 HEALTH AID NETTLE LEAF TEA (£9.99 for 560mg, 020 8426 3400). Rich in active substances, it acts as a good astringent and cleansing agent.
- 3 WELEDA ORGANIC BIRCH JUICE (£5.95 for 200ml, 0115 944 8200). A drink made from the extract of birch leaves, to support the cleansing process of the body.

4 of the best detoxifying body scrubs

The quickest way to detox your body is to give it a good scrub!

- 1 ORIGINS SALT RUB (£25 for 600g, 0800 7314039) acts as a smoothing body scrub and emollient, rich with macadamia, soybean and sweet almond oils.
- 2 INECTO MOISTURE MIRACLE LEG AND BODY SCRUB (£2.99 for 150ml, 01273 202525) contains pure coconut oil. Its unique formula exfoliates and smoothes dry skin in an instant.
- 3 DIOR BIKINI PERFECTING SCRUB (£19.50 for 150ml, 01932 233909) is an extraordinary exfoliating oil which becomes soft on contact with water.
- 4 DOVE GENTLE EXFOLIATING BODY SCRUB (£3.49 for 20ml) stimulates the skin's natural cell renewal and moisturises at the same time.



If your hair needs a good clean, try Bumble & Bumble Sunday Shampoo, (£10.50 for 250ml, 01788 895505). It's formulated to be used once a week to remove the build-up of impurities.

We love...

Once you've exfoliated, try Heaven Total Detox Body Wash 200, £19.95 for 200ml. It contains patchouli oil and sandalwood to penetrate your skin, leaving it lovely and clean, and smelling divine. Call 08701 665544.



Three of the best... alternative detoxes

- Find out your dosha from Ayurveda, the Indian science of life that works holistically, combining nutrition, herbal remedies, yoga and massage. There are three dominant body types (vata, pitta or kapha) and detox treatments are prescribed to your individual needs for mental and physical rejuvenation. Email info@tri-dosha.co.uk for further details.
- Detox the Japanese way – through your feet! Koyotakara Toxin Extractor (£24.99 for 12, 020 8427

9978) helps eliminate toxins through your feet while you sleep. At bedtime, the adhesive pads are white, but in the morning nerve endings will have flushed out brown toxins visible to the eye.

A treatment from Israel, try Ahava Dermud Low Sodium Dead Sea Mineral Mud, (£12.95 for 250g, 01452 864574). The mud draws out toxins while the aloe vera softens skin.



If you're in need of an instant pick-me-up, take a Berocca effervescent tablet (£4.89 for 15, chemists nationwide) to get your hit of vitamins. The formula has been scientifically proven to keep you feeling sharp and reduce stress.