

FEBRUARY *is the month to...*

Keep your finger on the pulse and find out what's new this month

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

February's birthstone, amethyst not only looks beautiful as a piece of jewellery, but is also said to bring out your inner strength and sense of stability.



If you've spent your January successfully shedding a few unwanted pounds, you can complement your good work with the cobra yoga pose. It's said to revitalise the digestive system, and can help you on your quest for overall health.

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4 Why not donate your old bras to the Breast Talk Bra Appeal on world cancer day? They'll be used to generate cash for cancer research by being sold to traders in third world countries. Breasttalk.co.uk

Treat your loved one to a tasty set of Lovechock raw chocolate bars, £2.79 each. There are lots of delicious flavours, but our fave has to be the unusual mulberry and vanilla. detoxyourworld.com



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14 Valentine's day is the perfect excuse to fall in love all over again. We've heard that Careys Manor and Senspa in the beautiful New Forest is a romantic retreat for couples. Careysmanor.com

"No green beauty fan should be without the Think Dirty, Shop Clean app. Simply scan a beauty product and discover if it's natural enough for you to buy"

We can't get enough of Ishiso's Dry2Alive Face and Body Hydrating Cream, £10.40. So whether you use it to impress your date this Valentine's day, or just buy it for yourself, we guarantee smooth and beautiful skin will be yours!



Are you taking part in Brighton's famous half marathon mission? **16** Well, give yourself a head start by taking some ginseng, which is said to be a great natural energy booster. Find out more about the event at brightonhalfmarathon.com

Actress Kate Hudson puts her radiance down to the natural moisturiser Egyptian Magic, £24.50. We say, if it works for her, it's well worth a try this month for an A-list style complexion!

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