

**BEAUTY**

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**NATURAL HEALER**

Did you know marshmallow can help soothe dry and itchy skin? OK, so it's not the fluffy, roast-over-a-fire variety, but actual marshmallow root extract. Used for centuries to treat inflammation, wounds and burns you can now use it in a daily cream – it's even great for those with sensitive skin. To get a calorie-free, skin-nourishing marshmallow hit, try Drive2Alive Natural Face and Body Hydrating Cream, £10.40, [dry2alive.com](http://dry2alive.com).



BEAUTY TIP TO MAKE THE

**women's fitness**

**LOSE WEIGHT NOW!**

YOUR 4-MINUTE FAT-BLASTING CIRCUIT

FLAT TUMMY IN 3 MOVES

QUICK BIKINI FIX

Look this great, today

EASY DIET MAKEOVER

FEEL SLIM BY SUM!

STAY SLIM AND SUNNY ALL YEAR



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