

fit & well

healthy starts here...

#1 fat blaster!
Eat one thing,
lose 7lb!

Mel's new **TUMMYY TONER**

'The discovery that
changed my body'

**GUILT-FREE
TREATS!**



LOW FAT



LOW SUGAR

(yes really!)

Plus **FREE** mani or pedi * The £5 thicker hair fix

Only
£1.99

Keep
calm
Stay
happy

Can a cuppa
cure your
Hayfever?

Work your
**BUTT
OFF!**

Take the summer
body challenge



