



JACQUELINE FREEMAN





JACQUELINE FREEMAN



JACQUELINE FREEMAN



EXPERTS • SELF • NUTRITION • FITNESS • BEAUTY
MARCH 2014

Healthy

Your No.1 wellbeing magazine

GET IN TUNE WITH YOUR HORMONES
Find a calmer, slimmer and happier YOU

Have a strong back for life

WHAT HAPPY COUPLES DO DIFFERENTLY

EAT WHAT YOU WANT & LOSE LBS!
PASTA • PIZZA • CAKE

SAVE NOW **£107**
HOLLAND & BARRE! Discount Vouchers

BEAT ADULT ACNE

FREE!
BOOTCAMP CLASS WORTH £10 FOR EVERY READER

OVARIAN CANCER CUT YOUR RISK TODAY

ON TEST
Fitness apps and gadgets

LATEST ADVICE PARKINSON'S • GUT BACTERIA • REFLEXOLOGY • FATIGUE • HEART HEALTH

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

December 2012 // £3.60

25% off ORGANIC BEAUTY TREATS

36 hot gift ideas you'll love

DROP A SIZE BY XMAS
Your four-week countdown plan

TOO BUSY TO WORK OUT?
Get fit in half the time! p18

THE FLAT BELLY DIET
Shrink your tummy fast

4 moves for killer legs

LIFECOACH
How to get what you really want

Party & survive!
8 steps to stay happy and healthy all season



JACQUELINE FREEMAN

MCT
MODELS



"I WANT A
HARD-WORKING
CREAM THAT'S
NOT HARD ON MY
WINTER SKIN."

Tough on wrinkles,
gentle on skin.

Olay Anti-Wrinkle collection
with niacinamide brings you
effective yet gentle anti-ageing.
Our Sensitive & Natural formula,
enriched with natural green tea,
provides everything winter-sensitised
skin needs most - so you can look as
young as you feel.

fragrance free.
paraben-free.

WORLD'S No. 1
ALL FACIAL SKINCARE BRAND

Free trial begins at Olay.co.uk

AGELESS
Based on mass-market facial moisturiser and cleanser value sales for the past 12 months ending June 2015.

OLAY
ANTI-WRINKLE

IT'S
ARRIVED.
A LIGHT
CREAM
THAT
FIGHTS
7 SIGNS
OF
AGEING

NEW

Want younger looking skin but hate the heavy feel
of creams? New Olay Total Effects Featherweight fights
7 signs of ageing with a lightweight quick-absorbing
non-sticky formula. The 7-in-1 from the World's No. 1.
We believe skin doesn't have to show your age.
Olay #AGELESS

WORLD'S No. 1
ALL FACIAL SKINCARE BRAND

OLAY

ACUVUE
CONTACT LENSES

**ASTIGMATS
MAKE
THE
MOVE**

The clarity and convenience
you want from a
daily disposable contact lens

1-DAY ACUVUE
ASTIGMATS

JACQUELINE FREEMAN

MCT
MODELS



JACQUELINE FREEMAN

