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Pillow power

Sleeping on a satin or silk pillowcase can help keep your hair and your face smooth – the sleek finish means you glide across it during the night, avoiding that crumpled morning look. The **Silkskin Pillowcase, £35 plus £1.85 p&p** (from www.silkskin.co.uk or call 0121 308 2400 for stockists), is designed to be a beauty product so is hand-finished for extra smoothness and has no dyes or chemicals that could dry out skin and hair. In fact, the amino acids in the specially sourced silk should nurture your skin and hair, and help your night cream penetrate your skin rather than ending up on your pillowcase.

Lose the dimples as you doze

Cult body slenderising cream **Bliss Fatgirlslim, £28 for 170.5g** (0808 100 4151) now comes in a special night-time formulation. **Fatgirlsleep, £32 for 170.5g**, helps make the most of the body's overnight restorative process with the help of red algae extract and cellulite-busting caffeine molecules, which promote the skin's microcirculation while you sleep. With regular use, it's claimed the cream can firm slackened skin, preventing water retention and fighting 'orange peel' on tummies, thighs and upper arms. As if that weren't enough, it also has calming lavender essence to help you nod off.



Detox while you sleep

Make the most of your slumber time by popping some detox patches on the soles of your feet. **Patch-it, from £12.95 for six patches** (01506 840616 or visit www.patch-it.info), stimulates reflexology points with mandarin wood vinegar, which emits energy through the skin by gently warming it. This in turn encourages your body to expel more toxins – and fewer toxins means less chance of bloating, dark circles and cellulite. Also worth trying is **Nightly Detox, from £5.95 for a pack of ten** (www.nightlydetox.com), which works on similar principles.



Did you know...

... that if you don't get enough sleep, you're more likely to put on weight? That's because as we sleep, our bodies release the hormones that metabolise the energy we obtain from food. 'If we don't get enough deep sleep, we can end up deficient in growth and other hormones responsible for metabolism,' says Professor Gaby Badre, consultant in sleep medicine at The London Clinic (020 7935 4444). 'That means we're more likely to deposit the energy we get from food as fat instead of transforming it into muscle.' It also means you'll wake up to a surge of the stress hormone cortisol, which in turn can lead to cravings for fatty and sugary foods throughout the day. So don't feel guilty any more about having a lie-in – it's what you need to prevent the pounds piling on.

How to...

HAVE A GOOD NIGHT'S SLEEP

■ If you find it hard to drift off, 'A short, warm bath or shower is very good as it relaxes the muscles,' says Professor Badre. 'But a long, hot bath raises your body temperature, which will make it harder for you to fall asleep.' He also warns against exercising after 4pm, which has a similar effect. 'Exercise can help you sleep, but the best time is early afternoon or morning.' The organic lavender essential oil in **Duchy Originals Lavender Bath Soak, £4.95 for 250ml** (from selected Waitrose stores) will help you relax.



Handy hints

Night is the ideal time to give hands, nails and cuticles extra TLC as products will stay on for hours. Apply a nourishing cream such as **Grandma Vine's Tender Loving Hand Cream, £5.49 for 100ml** (01455 556281). The blend of calendula, juniper, lavender and wheatgerm oils combined with vitamin E helps heal and soothe dehydrated skin. Nurture nails by rubbing on **Mavala Nailactan, £15.75** (from chemists and department stores nationwide). This rich cream contains vitamins and proteins that 'feed' the nail at its base, restoring elasticity and combating brittleness. Care for cuticles with **Burt's Bees Lemon Butter Cuticle Creme, £5.99 for 17g** (from Debenhams and John Lewis).

