



# Natural Beauty

Staying Beautiful The Natural Way



Aloe Vera, one of the most versatile natural health and beauty sources.

**W**hen it comes to beauty products, ingredients are a bit of a minefield. With people injecting botulism into their faces, chemicals into their lips and silicone into their boobs in the vain hope of recapturing their youth, where does that leave a space for mother nature to interject?

It's ironic really, the more surgery obsessed we become the more people are starting to sit up and take notice of the natural beauty products available to us today.

For every surgical procedure, there seems to now be a herbal, natural alternative. From natural herbal supplements to boost your boobs, to aloe vera wraps to reduce your thighs. But do these natural alternatives work, and are beauty products with natural ingredients just for vegetarian activists?

There are some fantastic ranges of natural beauty products available for men and women, and we have tried and tested some of the best on the shelves and can quite honestly say

that natural is the best way to go.

For effective inch reduction the **Harley Health Home Spa Wrap** containing pure Aloe Vera Gel is a great at home treatment. Perfect if you want to loose those extra few inches before a special night out. On the flip side, a healthy alternative to a boob job is **Erdic**, the herbal breast enlargement programme. It's not cheap, but we can vouch for it's effectiveness.

If you want to go organic as well as natural then **Organic Blue's** range of products are thoroughly recommended (especially the bath and massage oil). And for those of you who really know your stuff, **Living Nature's** range of products include Manuka Honey and their Soothing Shaving Cream containing avocado oil for men is the best on the market, it's an absolute must for a silky, smooth close shave.

There are a wealth of natural products out there for you to indulge in. Not only are they great for your skin but also kind on the environment too. So take our advice and try the natural way, you wont want to go back.

## BEST BUYS



### Harley Health Aloe Vera Spa Wrap

Just wrap your wobbly bits in this pure Aloe Vera Gel soaked cloth, cover in cling film and lie back for half an hour while those inches disappear. Fantastic! **£29.95**  
www.harley-health.com 0870 300 3070



### Moku Detox Patches

Latest detox product from Japan. Apply the patches to the soles of your feet and detox while you sleep! Made from vinegar wood that absorbs toxins. Stockist: Abbronzarti Talbot Village, 01202 516161



### Organic Blue Muscle Rub

Luxurious eucalyptus and ginger bath and massage oil. De-stresses, relaxes and great for a sensual massage. Contains organic ingredients too! **£7.95** (buy from Sainsburys or www.organicblue.com 020 82062066)



### Palmer's Cocoa Butter Formula

Did you know that this wonder cream contains 100% pure cocoa butter? Enriched with vitamin E this cream is THE BEST for reducing stretch marks and softening skin. **£3.39** (100g) Buy at chemists and supermarkets.



### Living Nature Shaving Cream

'The best Shave Cream I have ever used' our reviewer said. Soothes irritation, gets a very close shave and leaves skin ultra soft. The Clarifying Enzyme Peel is fab too. 01794 323222 www.livingnature.com



### Skin Wisdom Facial Scrub & Pore Mask

Tesco really have come up trumps with this range. Contains anti ageing green tea & soothing chamomile. It may be cheap but it really works and leaves you skin silky smooth and cleansed. Tesco **£3.00**



### Dead Sea Beauty Treasures Range.

Range of beauty products using minerals, natural salts and black mud from the dead sea. We love the mens aftershave moisturiser and facial scrub. leaves skin revitalised. www.deadseabeauty.co.uk & chemists.



### Avalon Organic Botanicals

Ultimate organic skincare. Cruelty free organic range using herbal botanicals. leaves skin refreshed and replenished. We love the lavender facial cleansing gel. Sainsburys & health stores 01782 567171