



July 2008

health & beauty

**WISDOM-GAP**  
Cherish food for yourself! Just like a bowl of soup, there's one last fall vegetable that has the richest source of nutrients in its season: the butternut squash. It's packed with vitamins A and C, and is a great source of fiber. It's also a great source of potassium, which helps regulate blood pressure. For more information, visit [www.butternut.com](http://www.butternut.com).

**NIGHT SHIRT**  
A 100% bamboo fabric shirt is a great choice for your night's sleep. It's soft, breathable, and has a natural antibacterial property that helps keep you cool and comfortable throughout the night. For more information, visit [www.nightlydetox.com](http://www.nightlydetox.com).

**SWEET DREAMS**  
Black silk eye masks help reduce the amount of light that enters your eyes, allowing you to fall asleep faster and stay asleep longer. They're also a great choice for travel. For more information, visit [www.nightlydetox.com](http://www.nightlydetox.com).

**MIND, BODY AND SOLE**  
If you're looking for a natural way to detoxify your body, Nightly Detox Patches could be the answer. These patches are designed to be worn on the sole of each foot before bed, and the blend of oak vinegar, vitamin C and Agaricus mushrooms will do the rest... Prices start at £5.95 for a one night trial, or £26.95 for a five night course. See [www.nightlydetox.com](http://www.nightlydetox.com) for more info.

**DEET OFF IN HEAVEN**  
If you're looking for a natural way to repel mosquitoes, Nightly Detox Patches could be the answer. These patches are designed to be worn on the sole of each foot before bed, and the blend of oak vinegar, vitamin C and Agaricus mushrooms will do the rest... Prices start at £5.95 for a one night trial, or £26.95 for a five night course. See [www.nightlydetox.com](http://www.nightlydetox.com) for more info.

**LOOK GOOD FEEL GREAT FAST**

your 25 minute full body work out, now in our studios or at home

**Powerlifting™ will:**

- Fast track your muscle toning
- Reduce your body fat
- Achieve a natural 'tight'
- Enhance your vitality and energy
- Defatify and improve your skin tone

**IN STUDIO OR TO RENT**

Powerlifting™ is available in our studios or to rent. Contact us for more information. Tel: 0800 599 9505

**MAKING IT HAPPEN**  
0800 599 9505

**MAKING IT HAPPEN**  
0800 599 9505

**Gabriella Sandham**  
Engineer & Swimmer  
The only woman to have won the gold medal in the 100m freestyle at the London 2012 Paralympics. Gabriella is a professional swimmer and a successful engineer. She is a role model for many people with disabilities. For more information, visit [www.gabriella-sandham.com](http://www.gabriella-sandham.com).

**Tone up and look great this summer!**

Evidence based personal training and diet plans for weight loss



**MIND, BODY AND SOLE**

If you feel the need to detox but can't seem to find the motivation (or determination), nightly detox patches could be the answer. All that is required is for you to secure one of the transdermal patches to the sole of each foot before bed, and the blend of oak vinegar, vitamin C and Agaricus mushrooms will do the rest... Prices start at £5.95 for a one night trial, or £26.95 for a five night course. See [www.nightlydetox.com](http://www.nightlydetox.com) for more info.