

intraceuticals
it's in the skin

FEBRUARY 2012
£3.80

Good Housekeeping

LOOK YOUNGER
by this weekend

100 simple
safe strategies

REVEALED!
VITAMINS
doctors
take to
stay well

A to Z GUIDE
Get more **£££**

Lorraine
on marriage, me-time
and her new
body confidence



A WHOLE MONTH OF EASY SUPPERS
And they're healthy too

£5.00
£15,000 OR £7,500

GH favourites share their look-younger tips



KATHERINE JENKINS
'I love the **Intra**ceuticals **Infusion**, from

£124 (0845 125 8415; www.renewmidica.com). After just one treatment, I looked like I'd had a week's rest!'

Mmm!
Darling
little
treats
for you



GO GIRL!
Women
who break
all the
rules



your home NOW!



UK, February 2012