

COLLECTOR'S EDITION

Women's Health

APRIL 2015



YOUR 14-DAY
BELLY SHRED:
GET IT. DO IT!

JEANS SPECIAL!
PERFECT PAIRS
FOR YOUR SHAPE

THE 10 BEST
GREEN POWDERS
TO TAKE NOW

Elsa
Pataky!

Three kids &
this body...
the plan's
inside!





Perfect
10

POST-FIT KIT

Overdone it at the gym? We tested hundreds of products to find the best post-workout beauty rehab tools in the business

1 / Elemis Detox Skin Brush, £21

Get blood flowing to knackered muscles and nix flaky skin with 60 seconds of circular brushing.

2 / Aveda Beautifying Creme

Cleansing Oil, £22 Scalding showers post-workout can irritate skin. Calm it with this cleanser.

3 / Aromatherapy Associates

De-Stress Muscle Gel, £23 Brutal spinning class? Rub this in to speed up circulation and muscle repair.

4 / Neal's Yard Seaweed and

Arnica Foaming Bath, £15 Reeling after your run? Slap on some arnica-powered joy to ease muscular pain.

5 / Pommade Divine Nature's

Remedy Balm, £19.80 Tackle calloused palms with a blob of this natural balm post weight session.

6 / Crème de la Mer The Body

Crème, £160 Dull, grey skin? Up your skin's rate of cellular energy with this. Pricey, but worth it.

7 / Clarins Relax Body Treatment

Oil, £39 A hazelnut body oil with camomile and basil to alleviate aches and calm your mind, too.

8 / Les Couvent des Minimes

Loving Care Body Balm, £13 This hypoallergenic balm works overtime on Lycra-chafed skin.

9 / Sanctuary Spa Ultimate

Salt Scrub, £11.50 Dead Sea salt stimulates cell renewal and sorts out white bumps on your arms.

10 / Korean Magic Peeling Mitt, £4

This wood-pulp mitt exfoliates and improves circulation. Brush upwards for max lymphatic impact. **WHI**

