

SLEEP BETTER. THE SIMPLE TRICKS FOR BLISSFUL ZZZs

INSIDE SEXUALITY'S LAST TABOO

# Women's Health

AUGUST 2017 | £3.99

It's Good to Be You

**TOTAL  
BODY**  
*tone-up*

ONE PIECE OF KIT  
FIVE SIMPLE MOVES

THE GET-LEAN  
GUT SECRET YOU  
NEED TO KNOW

**STRONG MIND**

RECLAIM YOUR  
CONFIDENCE  
FOR GOOD

72

WAYS TO FEEL  
AMAZING THIS

# Summer

**DRINK  
SMARTER**  
KICK THE BAD HABIT ALL  
HEALTHY GIRLS HAVE

THE  
**INFLUENCER  
ISSUE**

Meet  
**SARAH  
KOHAN**

@MOONSTRUCK  
TRAVELLER

HOW THE  
INSTA-STAR SCULPTS  
THOSE CURVES





**DEAKIN AND BLUE**

Supportive and flattering fitness swimwear in AA-HH cup.  
Use code **WHEALTH10** for 10% discount.  
[www.deakinandblue.com](http://www.deakinandblue.com)



**NATURALLY SUGAR-FREE ENERGY**

Zero sugar, zero calories, no sweeteners.  
One can = one cup of coffee.  
Every can donates 500L clean drinking water.  
[@virtuedrinks](http://www.virtuedrinks.com)



**WELTHOS**

Pioneering, expert-led, health and fitness subscription box - delivered to your door.  
15% off your first box with code **WH15**  
[wellthos.com/womenshealth](http://wellthos.com/womenshealth)



**GET FRUITY**

A deliciously healthy snack bar, gluten free, vegan and 100% natural with no added refined sugar. Keeps you fuller for longer and comes in six fruity flavours. [www.getfruitybar.co.uk](http://www.getfruitybar.co.uk)



**AWARD WINNING COSMETIC SURGEONS YOU CAN TRUST**

Visit MyBreast, the UK's best surgery team. For outstanding care and superb results.  
[www.MyBreast.org](http://www.MyBreast.org)



**GET PERKY!**

PERKIER Quinoa bars packed with nutritious energy, superfood goodness & 5g protein per bar! Find me in the free-from aisles!  
[www.perkier.co.uk](http://www.perkier.co.uk)

**THE HEALTH &**

**STYLE EDIT**

**LOOK AFTER YOURSELF THIS MONTH**



**THE BIG BOTTLE CO**

Style, flair and hydration come together in the latest must have summer accessory. Find your look at [www.thebigbottleco.co.uk](http://www.thebigbottleco.co.uk)



**HICKIES**

Life's too fast for untied laces. Slip into the most secure and comfortable fit your feet have ever felt with HICKIES Lacing System.  
[hickies.com/whuk](http://hickies.com/whuk)



**VITAMINS, REINVENTED**

Feel great more of the time! Multivitamins with wellness boosting superfoods. No sugars, artificial colours or additives. Visit [www.MyVitaminBox.com](http://www.MyVitaminBox.com) and use code **WH90** to get your first box for just £1.



**UNLEASH YOUR INNER BEAUTY**

A unique beauty cocktail packed with collagen, antioxidants and natural fruit juice for healthy skin that glows! Less than 80 calories each.  
[www.mybeautyandgo.co.uk](http://www.mybeautyandgo.co.uk)



**CLEAN EATING CAN BE DELICIOUS!**

FIT BAKES brownies have no added sugar, are high in protein, vegan, gluten free and only 140 calories per pack. Use code **WH10** for 10% off at [www.fitbakes.co.uk](http://www.fitbakes.co.uk)



**NUBYEN SECOND SKIN ACTIVEWEAR**

Want to sculpt your silhouette? Discover the brand that's taking social media by storm. Organically inspired breathable S3-Tech. For 15% off use **WH15**. [@nubyenbeauty](http://nubyen.com)



**SKINNY CAFFE**

The Skinny Caffe Skinny Coffee is designed to raise your metabolism, burn fat and beat the bloot. Join the club: [www.theskinnycaffe.com](http://www.theskinnycaffe.com)



**NUTRI-BOMBZ**

Healthy snacks from breakfast to bedtime. Raw natural ingredients, gluten free. 60% off your first box with code **WHS01** Ts & Cs on website [www.nutri-bombz.com](http://www.nutri-bombz.com)



**HANX**

Ladies it's time to take control. The first luxury male condom designed uniquely for women: 100% natural, vegan-friendly, clean scented and ultra-thin. [hanxofficial.com](http://hanxofficial.com)



**NATIV BOTTLE**

The motivational water bottle with a schedule, helping you stay healthy and hydrated one sip at a time. Get back on track!  
[www.nativbottle.co.uk](http://www.nativbottle.co.uk)



**EVERMORE**

Evermore believes your health and energy are your coolest assets. Their functional juice shots fuel any goal you're going after.  
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