

The 10 best spas from £95

womanandhome.co

# woman&home

**FREE**  
Decléor  
facial  
Terms & conditions apply

AUGUST  
2016 £4.20

## GLAMOUR & STYLE

25 fashion steals  
under £25  
10 ways to look  
slimmer now

**COUNTRYFILE**  
**ANITA RAMSAY**  
Behind the  
scenes antics &  
team friendship

## BE SUMMER GORGEOUS

- + Body perfectors
- + The 'new' bronze
- + Frizz-free hair

**THE  
ONE-DAY  
DIET**  
plus toned  
arms in  
60 seconds

## Sunshine FOOD

Small plates  
& big bowls...

PLUS  
Carole Middleton's  
garden party tips

Small garden.  
*Grand ideas*

20 WAYS  
TO RELAX IN  
5 MINUTES

# CHILLAX!

## SWITCH OFF UNWIND & RECHARGE



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