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You shall unveil your smooth thighs in cute shorts this summer!

**Detox Organic Toning Oil, £11.50, Neal's Yard Remedies**



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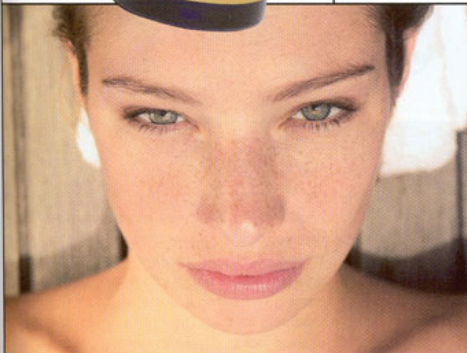
Looking a little pale around the gills? Dab some sheer colour onto the apples of your cheeks for an instant healthy glow.

**Cheek to Cheek Cream Colour, £18, Pout**



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Ditch half a stone quickly and easily by cutting back on refined starches, sugar and alcohol. By eliminating 250 calories a day – that's the equivalent of just two glasses of wine – you can lose half a pound a week quite easily.



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If you need to put a glow back into dull cheeks, a revitalising facial could be just the ticket. Cult skincare specialist Jan Marini's Ultra-Deep Cleansing Facial at the swanky Richard Ward MetroSpa in London uses active enzymes from green papaya to leave you with radiant, dewy-soft skin.

**Costs £85. For details call 020 7730 1222**

12

Save yourself the calories and inhale a sugary-scented vanilla candle instead of indulging in Ben & Jerry's. There are no toxic nasties to be found in this one – it's made from the purest palm oil and essential oils.

**Frosted Round Glass Coloured Candle, £24.50, Spalasuim by Pevonia**



13

Smells as fresh as spring-time itself!  
**Organic perfume, from £48, Rich Hippie**



14

Slough off skin that's seen better days (and smell good enough to eat).

**Botanical Body Scrub, £15.50, Crabtree & Evelyn Naturals**



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Dr Nish Joshi recommends taking two Brazil nuts a day as you would a supplement. That serving provides roughly 150mcg of selenium – a powerful antioxidant necessary for metabolism.



16

Help combat stress-induced weight gain and low energy by wearing a pretty 'four elements' bracelet, which combines the healing properties of magnetic haematite with crystals that nurture the unique qualities of your zodiac sign.

**Four Elements bracelet, £16.95, mail order from Magnetic Therapy (0845 130 5110 or magnetichtherapy.co.uk)**



17

Begin a meal with something raw for good digestion. A glass of fresh-pressed vegetable juice or a few mouthfuls of salad will do the trick.

18

Stimulates blood flow through your body, brings a healthy glow to your skin's surface and smells of heavenly oriental blossom.

**Kinmoxei wild lime silk oil, £34.00, Red Flower Japan**

