

BEAUTY/FOOD/FITNESS/SELF/EXPERTS

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# healthy

IN PURSUIT OF HEALTH  
& HAPPINESS!

SEPT  
2016

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**£109**  
HOLLAND & BARRETT  
VOUCHERS  
INSIDE  
(€141) Pages 8 & 9

## HOW TO LIVE ORGANIC

*in the real world*

## SKIN DOCTOR

YOUR PROBLEM:  
SORTED

## YOUR WINNER

Meet the  
Face of  
*healthy*

*in association with  
Beauty Kitchen*

## CANCER THERE IS GOOD NEWS

Is organising  
everything  
wrecking  
your health?

→ **33** easy  
ideas

## NEW WAYS TO *eat well*

● Beautiful breakfasts ● Nourishing treats  
that taste naughty ● Wholefood dinner bowls



## PLUS

## EXPERT ADVICE

- \* Eating disorders
- \* **Green tea** \* RSI
- \* IBS \* **Salt**

## HAPPY WAYS TO WORKOUT



## HEY HONEY

We know we're preaching to the converted here – but if you're looking for proof that even wealthy celebrities recognise the effectiveness of natural ingredients over expensive treatments, you'll be pleased to hear that Manuka Doctor, one of *healthy*'s favourite brands, is now backed by none other than Kourtney Kardashian. The collaboration puts the brand's hero ingredient, manuka honey, back on the radar. Naturally antibacterial and moisturising, it treats everything from acne to dryness – perfect for when the temperature starts dropping.

Team *healthy* was lucky enough to catch up with Kourtney in London, who revealed that she's 'never getting a facial again' since her work with the brand, choosing instead to use the Manuka Doctor Brightening Facial Oil (£19.99, hollandandbarrett.com) to replenish her skin overnight: 'I love the smell of this product and how light it is on my face,' she enthuses.



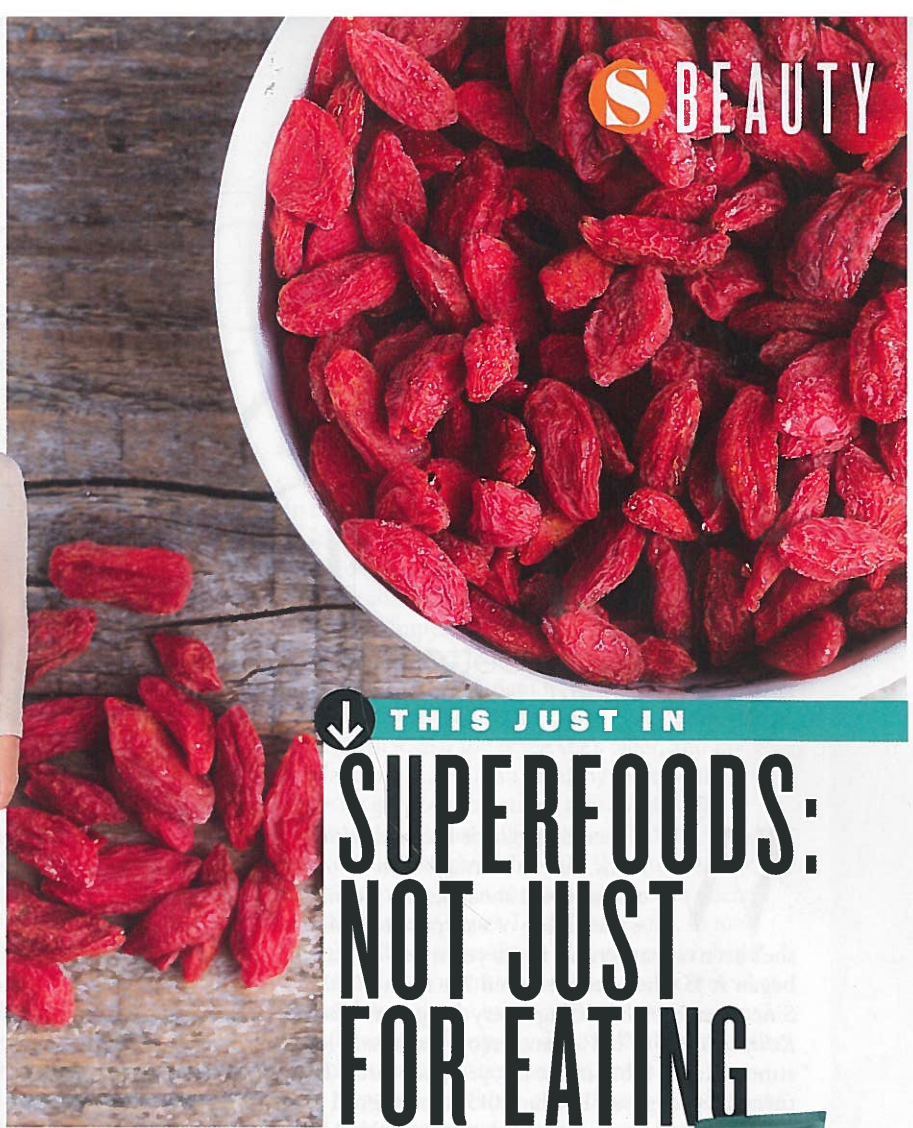
## TREND ALERT Sheet masks

Hold the expensive facials – sheet masks, a firm favourite among South Korea's beauty pioneers, are a fuss-free way to give skin a pick-me-up. Just pop on the fabric, pre-saturated in product, and leave for 15 minutes – you don't even have to cleanse afterwards. 'They're less messy than other masks, and the sheet aids penetration of the ingredients,' says Vicky Lee of Korean beauty blog Sorabelle (sorabelle.com). Try Facialderm's range, all £3.99, hollandandbarrett.com.



## 1 in 5

That's the number of women who choose to play it safe with pink as their go-to nail colour, closely followed by natural beige, according to a survey by Jamberry. Turn to page 42 to see why we're experimenting with our hair colour instead.



## THIS JUST IN SUPERFOODS: NOT JUST FOR EATING

You might be an old hand at slipping superfoods in your blender, and whizzing up green smoothies – now prepare for them to take over your cosmetics bag, too. Because these nutrient-rich edibles are appearing in a new breed of beauty products. And it's not just established favourites like avocado and coconut oil on the menu. From cacao to goji berries to spinach, they are being served up in masks, shampoos and even nail polishes.

'We're consuming more superfoods than ever and their effects are so positive, beauty brands want to understand how to employ their benefits topically,' says Claire Vanderstoel of Sukin, whose Super Greens skincare range features acai and goji berries. 'Using superfoods in your routine maximises their potency – we make a Detoxifying Facial Scrub (£9.99 for 125ml, hollandandbarrett.com) with kale, spirulina, chlorella and parsley that imparts detoxifying antioxidants and vitamins to promote a healthy, glowing complexion.' It's just a shame they don't count towards your five-a-day...

