

TREND ALERT

Forget 'Hygge' – 2018 is all about 'Mys', dahling! This Swedish tradition is all about slowing down, relaxing and eating delicious food in order to avoid the stresses of the bleak winter. This sounds like something we can *totally* get on board with...



LOVE YOUR BODY

It's time to get fit and feel amazing!



GET SET BRA
£52

WHEN LIFE

GIVES YOU LEMONS

If the new year has inspired you to get in shape and work off all those mince pies, but you can't quite get yourself to the gym, then give yourself some motivation with a snazzy new workout kit. We love these flattering, fabulous and, above all, comfortable designs from lululemon.

lululemon.co.uk

TRAIN TIMES 7/8
PANT £98

GET A GRIP
SOCKS £12



GREEN GIANT

So, we know that to achieve *that* bridal glow, we need to pack in as much fruit and veg as possible in the run-up to the big day. But, let's be honest... who has the time to prepare truck-loads of veg every week? Enter: Plenish juices. Don't be alarmed by the extremely green colour – they taste amazing! Plus, every bottle contains 1kg of organic produce that'll leave you feeling nourished, energised and wonderful! There's even a bridal-specific package. Visit plenishcleanse.com for more info.



JUMPFIT

Grab your childhood skipping rope and put it to good use! Apparently

10 MINUTES OF SKIPPING can have the same health benefits as a **45-minute run***

