

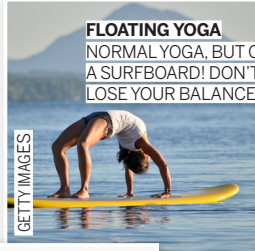
# TOP TRENDS FOR 2018

What will be hot in the wellness world next year?



**INFRARED SAUNAS**  
JUST 45 MINUTES OF INFRARED LIGHT IS THE ULTIMATE DETOXIFIER.

INSTAGRAM/HIGHROSE



**FLOATING YOGA**  
NORMAL YOGA, BUT ON A SURFBOARD! DON'T LOSE YOUR BALANCE...

GETTY IMAGES



GETTY IMAGES

**TURMERIC EVERYTHING**  
THE ANTI-INFLAMMATORY SPICE JUST KEEPS COMING IN SMOOTHIES, LATTES, TEAS AND MORE.



ROLL LEGGINGS, A DAY \$115

**ATHLEISURE**  
GYMWEAR THAT YOU CAN WEAR TO THE OFFICE, LUNCH AND BEYOND.



# LOVE YOUR BODY

It's time to get fit and feel amazing!

# GET YOUR GREENS

INSTAGRAM INSPIRATION FOR YOUR FIVE-A-DAY

IMAGES (CLOCKWISE FROM TOP): INSTAGRAM/FOODFROMHEAVENNOW, INSTAGRAM/HUNGRY\_AJAJ, INSTAGRAM/NETTIS\_PLANTBASED\_DREAM, INSTAGRAM/PAULETAM



# 64%

OF PEOPLE SAY THEY PREFER GOING TO THE GYM SOLO\*

A chance to get away from all that wedmin!



GETTY IMAGES

\*A SURVEY OF 1,135 UK ADULTS WHO EXERCISE REGULARLY CARRIED OUT BY BEABETTERYOU.COM

## GIRL BOSS

Let's be honest, we all want to be female bosses in many areas of our lives - and now you can totally rule in the fitness department with the BodyBoss Ultimate Fitness Guide (from £39.90). With clear and effective workouts, you'll be feeling your best in no time. [bodyboss.com](http://bodyboss.com)

