

SLEEP EASY

Calm, the meditation app that helps users reduce anxiety, sleep better and feel happier, has brought out a sleep mist. Spritz some on your pillow and nod off to the Stephen Fry narrated story that was created especially on the app for the launch.

calm.com



GETTY IMAGES

LOVE YOUR BODY

It's time to get fit and feel amazing!

KITTY CORE ANKLE BITER
TIGHTS £89
'KEEPING IT REAL' TANK £39

ATTITUDE SPORTS
BRA £52

KITTY HIGH INTENSITY
SPORTS BAR £55

LJ CLASSIC ANKLE BITER
TIGHTS £85

FIT AND FASHIONABLE

Australian-born activewear brand Lorna Jane have some cool new gym pieces to help you sweat in style.

lornajane.co.uk

TASTE THE WORLD

TAKE INSPO FROM CUISINES AROUND THE WORLD FOR OPTIMUM HEALTH

JAPAN >>

JAPANESE CUISINE IS ALL ABOUT VARIETY AND MODERATION.

EAT: SOY SAUCE, WASABI, TSUKEMONO PICKLES – ALL ARE GREAT ANTIOXIDANTS.

**<< SOUTH KOREA**

SOUTH KOREANS FOCUS ON A LOW-FAT DIET FILLED WITH VEG.

EAT: KIMCHI – THIS FERMENTED DISH IS GREAT FOR YOUR GUT.

**INDIA >>**

INDIA FOCUSES ON SPICY, FLAVOURSOME FOODS.

EAT: TURMERIC, GINGER, CUMIN... TO NAME A FEW! SPICES CAN HELP TO FIGHT ALZHEIMER'S AND REDUCE INFLAMMATION.

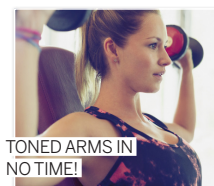
TONING TRIO

Sculpt your arms for W-day with these moves

ARM CIRCLES

Works: Shoulders, back, triceps, biceps.

Stand with feet shoulder-width apart, arms extended straight out to sides at shoulder height. Do 20 small backward circles followed by 20 forward circles.



TONED ARMS IN NO TIME!

SHOULDER PRESS

Works: Shoulders, triceps. Hold dumbbells, bend elbows and bring hands to shoulders. Press weights overhead then lower back down to shoulders. Repeat for 20.

TRICEP PUSH BACK

Targets: Triceps

Hold a dumbbell in each hand, arms at your sides, palms facing back. Lift arms backwards and return to sides. Repeat for 20.

GETTY IMAGES