

BAMBOO, APOTHEKE
BROOKLYN AT LILAC
BREASTED ROLLER £30



GOLDEN LILY
MORRIS & CO. £25

FIGUIER CANDLE,
DIPTYQUE £45



PW SAYS RELAX

With all of the planning you're doing for the big day, it's no wonder you're feeling stressed. Run a bath, stick on your fave playlist and chill out with one of these fab candles.

SCENT TO
DE-STRESS,
NEOM £36



ELEMIS
CALM,
ELEMIS £36

3 REASONS TO DO HIIT

THE HEART-PUMPING, HIGH-INTENSITY WORKOUT IS A GREAT WAY TO GET IN SHAPE

1. BOGOF!

Thought it wasn't possible to do strength training and cardio in one session? Think again!



2. CALORIE KILLER

When you exercise to exhaustion, your metabolism starts working at a higher level, which helps you burn more calories.



3. FAT BURNER

A mix of high and low intensity exercise helps you shed more fat in less time. Winning!



LOVE YOUR BODY

It's time to get fit and feel amazing!

WRIGHT ON!

FITNESS BY
JESSICA WRIGHT
£49.95

TOWIE's Jess Wright has released a home workout programme to help you get in shape! The seven-week plan includes 30-minute workouts with seven exercises in each. You'll get a box with all the equipment you need, as well as tips, advice and nutrition help. Perfect if you're a bit of a gym-phobe... fi7ness.com



IMAGES: KARIS KENNEDY

DID YOU KNOW...
dog owners walk

22 MINUTES MORE
PER DAY*

What better reason to
get a puppy?!



GETTY IMAGES
*FROM A STUDY BY BMC PUBLIC HEALTH