

FREE IN
*prima*extra
THIS
MONTH

prima

SPECIAL PRICE
only
£1.50

- WIN A CARIBBEAN HOLIDAY
- BIG CASH PRIZES TO WIN!
- £9450 IN FREEBIES!

www.allaboutyou.com

SAVE
MONEY
on
everything!

- Brilliant supermarket fashion
- Beauty on a budget
- Own-brands worth buying

LOSE
7LBS IN
4 WEEKS
with our fab
NEW YEAR DIET

WHAT YOUR
HANDS SAY
ABOUT YOUR
HEALTH
Check for the
signs of sickness

30 EASY
COMFORT FOOD
RECIPES

GIVE YOUR BRAIN
A WORKOUT



**FREE 150 BEAUTIFUL
BULBS WORTH £21**
FOR EVERY READER * Plus 5p
PLUS A month's FREE gym membership
* subject to availability





Bracelet, £6,
Manunit at Adli
(www.adli.com)

Necklace, £28, People Tree



Jumper, £69,
s-v-l, Windmoor
(091 521 3888).
Jeans, £45,
8-22, John
Roche at
Debenhams
(0844 567 616)

**WHAT TO LOOK
OUT FOR...**

- The Fairtrade stamp. Fair trade brings the benefits of trade into the hands of communities that need it most.
- 100 per cent organic cotton clothes are long lasting and feel ultra soft. Organic cotton is harvested or produced without any pesticides, chemical fertilisers or genetically-modified seeds.
- Biodegradable materials decompose naturally, are long lasting and wash well time after time.
- Other fabrics to look out for are bamboo, hemp and jute.



Top, £40, s-v-l, Komodo at
Adli. **Trousers, £90,** 8-16,
People Tree. **Bag, £25,**
Manunit at Adli



Top, £50, 8-16,
earrings, £20,
necklace, £35,
All People Tree
(0845 450 4505)



Trainers, £50,
3-8, Simple (www.
simpleshoes.com)



Top, £55, 8-16,
People Tree.
Skirt, £69,
8-16, Ekoye
(020 7352 3255)

LOOK GOOD

without feeling bad

Eco-friendly fashion just gets better and better in the style stakes, so don't feel guilty about investing in these key pieces



Dress, £60, 8-16,
Pauline
(020 020 0800)

Shoes, £45, 3-9, Hush Puppies
(www.hushpuppies.co.uk)



Necklace, £17.50, Made
(www.made.uk.com)



Shirt, £69,
8-16, Ska
(www.skaonline.co.uk)



Cardigan, £49,
10-18, John Lewis
(0845 604 9049)