



WOMEN'S WELLNESS

Boost your health this winter with these essentials

LINK NUTRITION

Magnesium does everything from helping to reduce tiredness and fatigue, to aiding normal nervous system function and improving recovery from strenuous exercise. Link Nutrition's Magnesium is Food Based which means it is safe, effective and does not upset the stomach like some forms of magnesium. £15.95, linknutrition.com



LENA WILD

Harmony Bloom Oil has been created by an independent brand with strong ethical values. Filled with organic, natural and wild-crafted ingredients including sea buckthorn, cranberry and blackcurrant, it helps to smooth the complexion, restores balance and promotes radiance. This product works wonders for imbalanced, oily, combination or spot-prone skin. Vegan-friendly and cruelty-free. £58, lenawild.co



LAVILIN

Get 48 hours of freedom with Lavilin Bio Balance natural deodorants. They contain plant extracts and pro-bio balance formula to protect you and your skin, regardless of the extent of physical activity. The natural active ingredients eliminate odour-causing bacteria without the need to block perspiration. Free from aluminium, alcohol and parabens. £7.80, vitahealthcare.com



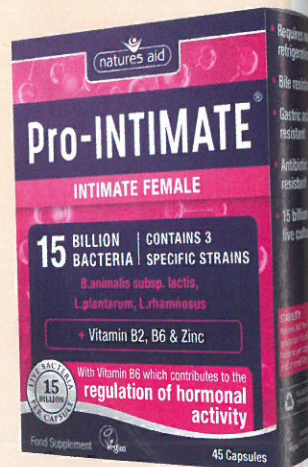
YES YES YES

This certified organic, long-lasting vaginal moisturiser is a hypoallergenic, pH-balanced gel which hydrates intimate tissues immediately and as required. YES VM provides natural, ongoing relief from symptoms of vaginal dryness, discomfort and painful sex. Available in 100ml tube, packs of six or 30 single-use applicators. From £9.99, yesyesyes.org



NATURES AID

Pro-INTIMATE is a daily complex providing 15 billion bacteria of three extensively-researched strains: L.plantarum, L.rhamnosus and Bifidobacteria animalis subspecies lactis. The product also has vitamin B6 to contribute to the regulation of hormonal activity, zinc to support normal function of the immune system and vitamin B2, as well as being suitable for vegans. 45 capsules costs £18.95, naturesaid.co.uk



Body

Easy ways to look and feel amazing inside and out

Women who **begin the menopause before age 40 are 50 percent more likely to develop type 2 diabetes**, according to research. Those who begin the menopause before the age of 45 are 15 percent more at risk compared to women who experience it between 45 and 55. Dr Elizabeth Robertson, director of research at Diabetes UK said of the findings: "This research doesn't prove that early menopause can cause type 2 diabetes but it suggests that it could be an important factor to watch out for." While you can't control when the menopause happens, you can help prevent diabetes by staying active, maintaining a healthy weight and limiting alcohol consumption.

