

35 ways to get...

# Spring Fever!

Get into your best shape ever with our ultimate spring-clean plan

In a perfect world we would never put on an ounce during the winter, our skin would stay glowing, fresh and honey-hued year round and we would always feel that youthful energy and optimism that only June mornings seem to invoke. But, since when was life ever like that? But don't despair – in just a short time and with only a tiny bit of effort, you be sporting the kind of natural, effortless beauty that could land you a leading role in *The OC*. Here's how to go about it...

1



Grab a handful on the go or sprinkle onto your salad for a hefty dose of beauty-boosting EFAs. **Original Seed Mix, £4.25 for 300g tub, The Food Doctor**

2



The perfect antidote to tired, dehydrated and environmentally stressed skin. **Facial Oil, £10, The Sanctuary**

3



Overdone it at the gym? Let the rich mineral properties of these bath salts soothe aching joints and target problem skin. **Dead Sea Genuine Bath Salts, £6.99, Malki**

4

For that early morning yoga class... **Vest Bustier, £49, RKR Sport**



5



For an instant all-over glow. **Green tea body clay, £37, Nature Girl**

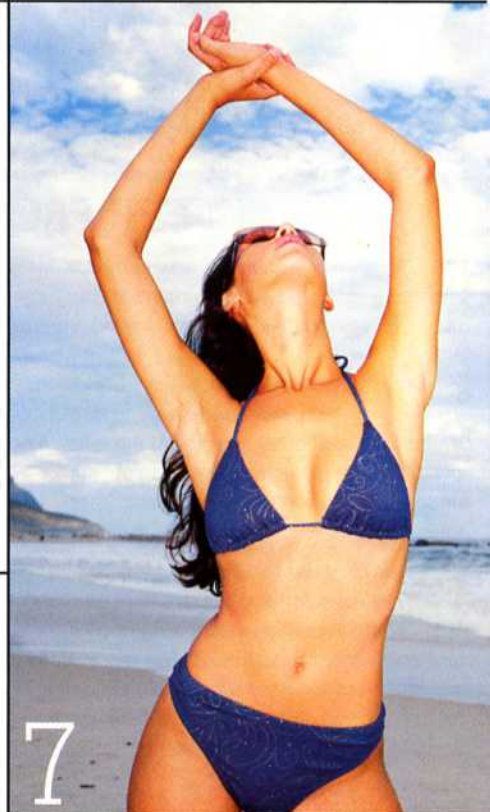
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Encourage collagen production, brighten your complexion and suppress sun damage.

**Suki bright complexion moisture masque, £43.95 for 50ml, from naturisimo.com**



7



A flat stomach is what every woman wants for summ and apart from making navel-gazing a whole lot more desirable, tight abs are key to healthy and strong bod Try this simple move for great results: lie on your bac with your knees bent and feet flat on the floor. Cross arms across your chest, resting your right fingertips on your left shoulder and your left fingertips on your right shoulder. Using the muscles in your stomach, slowly your torso off the floor until your elbows touch your thighs. Hold for one second. Then resume your start position. Do three sets of 10 to 15 reps.