

Women's health & fitness

Your Best

alia[®]

LOVE YOUR SHAPE

BODY CONFIDENCE WITH THE

ANYBODY CO.

BEAT THE BLOAT

SIMPLE STEPS TO BANISH WATER RETENTION

HOW TO GO **KETO**

TO MANAGE YOUR MUSCLE

COSMETIC TECHNOLOGIES

RATED



10

9 77144 1 058004



AUST \$8.50 INC GST
N.Z. \$10.80 INC GST

VOLUME 23 NO.10
OCTOBER 2017