



OCTOBER 9 2011

Take it

# EASY

FREE WITH PEOPLE

## Beauty Special

### Get your BEAUTY SLEEP

Squeeze sleep-inducing treats into your bedtime regime. You'll get a great night's sleep and wake up looking beautiful...



**Bliss Fat Girl Slim, £28.60** ([www.blissworld.co.uk](http://www.blissworld.co.uk))  
Massage this dimple-busting cream over cellulite or saggy areas before bed. The caffeine ingredient slims and firms.

Don't have a hot bath before bed because it dilates blood vessels, stimulating mind and body.



**Dove Regenerating Night Hand Cream, £3.36**  
Smother this on at night when cell turnover is faster meaning dry hands get extra help at rebuilding moisture.



**Frownies Forehead and Between Eyes Patches, £18.50 for 144 patches** ([www.frownies.co.uk](http://www.frownies.co.uk)). Stick these patches on before bed for a non-invasive way to banish wrinkles.

