

Be Inspired Every Day!

Woman's Weekly

12 May 2015 94p

This Year's Best Summer Roses

Growing Guide Inside

Ouch! Ahh...
Gentle Exercises To Ease Painful Joints



Cutie Fruity
Knit This Adorable Baby Set



ALEXANDER ARMSTRONG

RICHARD OSMAN

We Quiz The Pointless Presenters!

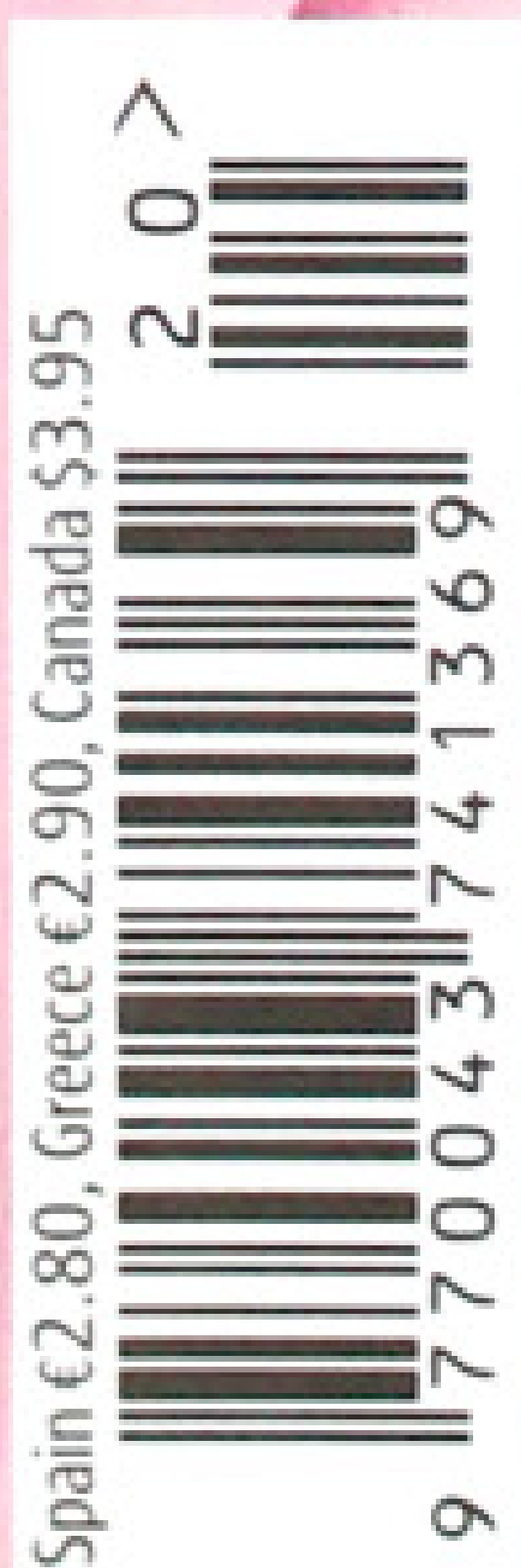
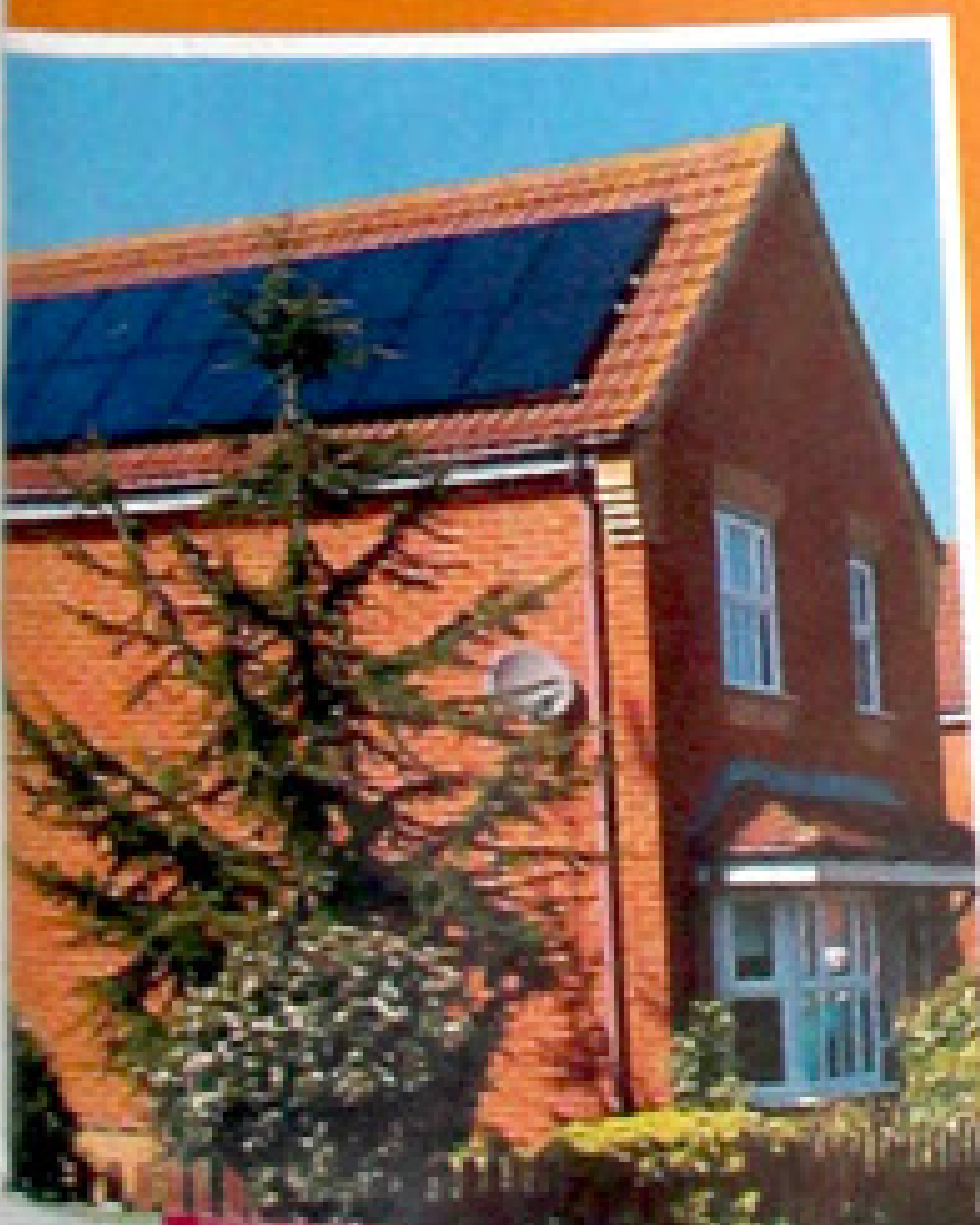
NEW
Whodunnit Serial

4 Key Pieces For Spring



And What To Wear With Them

Shrink Your Bills With Our Energy-Saving Home Ideas



How The Experts Keep Healthy



Sara Allison, Harley Street trichologist (hairtodaymoretomorrow.co.uk) reveals how she boosts her health and wellbeing

What's in your medicine cabinet?

Hair Today More Tomorrow, Multi & Omegas £75 from hairtodaymoretomorrow.com. It's a supplement which contains all the vitamins, minerals, antioxidants and omega fats for anti-ageing, optimum health and wellbeing, great hair and beautiful skin and nails.

What's good in your fridge?

Eggs. They're a true superfood and contain a fantastic range of nutrients for great-looking hair.

What's your favourite exercise or health routine?

Horse riding gives me everything I need – total body toning and cardio, as well as a connection with animals and nature. And it's good fun, too.

What's a special treat?

Reflexology. My mind is always so active, I find it hard to switch off, but this certainly does the trick for me.

What makes you happy?

Sunshine!

Is there a childhood or old-fashioned remedy you still use?

An Epsom salt bath is fantastic for aches and pains, healing wounds, or if you need to wind down after a hectic or stressful day.