

T&G • CrushGrind® Delia Online Mills • Woman & Home •
Feel Good You Supplement

NEW!

woman&home

Feel Good You

SPRING £3.99

101
Fresh ideas
**FEEL FITTER
SLIMMER**

DIET
EVERY
other day
**+ LOSE 14L
IN A MONTH**

T&G FEATURED: SPRING 2015

3 **LITTLE MOVES**
TO A TONED
REAR VIEW

Less stress
**MORE
HAPPINESS**
Experts share their personal tricks

The No 1 exercise plan
that suits everyone



WIN
A 5-STAR
SPA BREAK
SEE PAGE 101

DAR
TO BAR
GET IT RIGHT: the n
nude make-up lo

**COULD ANTIBIOTIC
HARM YOUR HEALTH**
Avoid the risks – page 1

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YOUR LOVE LIFE
SO SATISFYING
Starting tonic

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MAYBE BABY

The NUTRIBABY food processor purées fresh ingredients into baby-food consistency, and is safe for babies at any stage of their development. It's generally cheaper and can be more nutritious than store-bought baby food, plus you can refrigerate large batches in storage containers with adjustable use-by dates built in. £69.99, highstreettv.com



CRUSH 'N' GRIND

T&G have made bespoke salt and pepper grinders for the UK's best-selling cookery author Delia Smith and these are now on general sale. They "CrushGrind" with a slick ceramic mechanism, which allows you to adjust the grind from fine to coarse with minimal effort. You can also use it to crush other herbs and spices. T&G CrushGrind® salt and pepper mills, from £24.99 each, tg-woodware.com

SPRING KITCHEN must-buys

Put a spring in your step and try out our new-found healthy gadgets

Our best juicers

If the idea of making your own smoothies and juices appeals to you, you'll want to find a juicer to make the job easy. Some models won't extract much juice and are a chore to clean. Give these a try...



Create healthy and delicious fruit and vegetable juices with minimal time, effort and mess. Goodbye piles of washing up! Aura Juicer, £74.99, uk.russellhobbs.com



With a fluted reamer, you can quickly juice citrus fruits into a glass jar and pour from the integrated spout. Juicer Perpara, £9.95, loosescookshop.co.uk



If you can't stand fuss, the Morphy Richards Easy Blender is for you. Just blend, detach and drink straight from the beaker. £24.99, morphyrichards.co.uk



Kenwood's Sport 2Go is a stress-free way to get your daily nutrients. It comes with two sports bottles to take out. £29.99, kenwoodworld.com

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