

Feeling hot hot hot!

Beauty products that will keep you warm on the inside

THE festive season is over and chances are you're feeling dreadfully run-down and tired. Why not pep yourself up with self-heating products, which are sure to melt away stress and revive your spirits?

They're also comforting on chilly winter days. After a few rounds of partying and late nights, skin can become clogged and congested easily with blocked pores, blemishes and blackheads. But the warming action works like a mini sauna, gently opening up pores for deeper cleansing. Use a few of these treatments and you'll be ready to bounce out of the bathroom and back into the party scene.

Face up to it

Products that heat up when applied to wet skin are ideal for using post-party, because they help

to draw out the skin's impurities and sweep away excess oils – without getting too hot.

Olay Regenerist Thermal Skin Polisher, £7.50, Clinique Pore Minimiser Thermal Active Skin Refiner, £22 and Shiseido Pureness Pore Warming Scrub, £16.50, will free skin of dull, dead cells.

Try also Biore Warming Blackhead Fighting Cream Cleanser, £4.99, contains Zeolite, a refined natural clay to target pore-clogging dirt and oil. For something that works a little harder, try Philosophy's The Microdelivery Peel. Containing active vitamin C crystals, the two-step facial, £57 from John Lewis, Space NK and Hqhair.com (0870 990 8452), will de-age and brighten skin. Face masks are ideal if you want a soothing treatment after festive excesses. Detox with The Sanctuary's Warming Charcoal Detox Mask, £7 from Boots, or Origins' You're Getting Warmer purifying clay

mask, £15. Christy's Wild Peach and Cranberry and Oil Of Avocado face masks, 99p each at Boots and Superdrug, are great for dry skins and sensitive skins respectively, while No7's Deep Cleansing Purifying Mask, £7.50 for four at Boots, is suitable for all skin types. All are cheap so you can afford to indulge as often as you like.

Biore's Self Heating Mask, £7.99 for eight, contains clay that heats up when mixed with water. It turns blue when you massage it into the skin, so make sure you're not expecting any visitors. The shade indicates it's working, as it absorbs oils and cleans away dirt and toxins. MD Skincare Intense Hydra Mask, £48 at Space NK (020 8740 2085/www.spacenk.com), needs to be massaged into the face for a minute to activate the heat. Leave on for 10-15 minutes, then remove with a warm cloth to see a spa-worthy results in the comfort of your own home.



Stay healthy and grow your own veg

Now is the perfect time to get organised

If your New Year resolution was to have a go at growing your own vegetables and eating seasonally, there's never been a better time to have a go.

The Royal Horticultural Society will show you how with the start of the Grow Your Own Veg Campaign 2007 which coincides with a new BBC and RHS TV series, Grow Your Own Veg, which began on BBC Two on January 5. It is presented by horticulturalist and award-winning garden writer Carol Klein, accompanied by a book of the same name, published in January (Mitchell Beazley, £16.99). For the past year RHS Gardens Harlow Carr in Yorkshire and Rosemoor in Devon have been the inspirational locations for the new series which aims to get beginners growing their own fresh produce.

Carol Klein swaps tips on produce ranging from salads and roots to brassicas and legumes and follows the progress of the experts as they attempt to grow a successional harvest in a small 3m by 3m vegetable plot, and shares the highs and lows of novice vegetable growers throughout the country. Guy Barter, head of the RHS advisory service, said: "Nowadays, growing our own food has never been more pertinent with concern over freshness, food miles and healthy eating, and the taste and satisfaction of eating something grown by yourself is second-to-none."

"I would urge anyone to give it a try, even if they have previously been a stranger to a trowel. The RHS will be here to help you through your first growing year and hopefully inspire you to continue growing your own, to be brave and try new varieties."

"To all those seasoned gardeners, the upswelling of enthusiasm for vegetable growing has led to a great variety of new crops to try and new ways to grow them. There has not been such an interesting time to be a veg grower for years." The RHS campaign runs throughout the year and will feature a series of events, the first of which is the Grow Your Own Veg Day on February 10 when all four RHS Gardens will be offering free entry and providing a programme of talks, demonstrations, children's activities, guided walks and free advice. Visitors will have the chance to see the vegetable plots in their very early stages and meet the RHS experts that have featured in the BBC series at RHS Gardens Harlow Carr and Rosemoor.

www.rhs.org.uk/vegetables



ORDER YOUR NEW KITCHEN
SAVE UP TO 40%
WE PAY YOUR VAT FOR A LIMITED PERIOD ONLY
"WE MAKE ALL OUR OWN KITCHENS IN OUR FACTORY"

SALE NOW ON
SAVE UP TO 50% OR MORE
HUNDREDS OF BARGAINS WELL WORTH A VISIT

www.raddoncourt.com
Public, Trade and Developers Welcome

OVER 40 LUXURY KITCHENS ON DISPLAY

Kitchen Displays to take away...

From £399

TABLE £64.99
PUMP ACTION STOOLS £39.99
IN 3 COLOURS
SWIVEL STOOLS £19.99

SNAP LAMINATE FLOORING

From £9.99 A PACK

LESS THAN HALF PRICE

REPLACEMENT DOORS & HANDLES

SAVE UP TO 50% OR MORE

CANE SUITES
SINGLE CHAIRS COMPLETE WITH CUSHIONS FROM £39

SAVE UP TO 50% OR MORE

BLANCO SINKS
BLANCOCLASSIMA 65

RRP £305
NOW £129
LIMITED OFFER

SAVE 40% OR MORE

RANGE COOKERS From £599

HUGE SAVINGS FRIDGES/FREEZERS FROM £145

COOKERS, DISHWASHERS & WASHING MACHINES

FROM £99

4M WORKTOPS FROM £89

MARBLE, GRANITE & MINERELLE WORKTOPS

SAVE UP TO 30%

Matching OFFCUTS SLIGHT SECONDS

Breakfast BARS FROM £69

OFF CUTS FROM £25

Fitting service available.

Smart Stone, Durapol, Corian, Prima, Minerelle

BENCHES
FROM £39 TO CLEAR

METAL TABLE & CHAIR SETS
WAS £549 NOW £249 TO CLEAR

2mtr BACK TO WALL BATHROOM FURNITURE DISPLAYS
All this from £549

1200x1200 HipBath Steam Room
Includes: 2 Showers, Body Jets Steam, Lights & Radio
£1199

FREE STANDING BATH ON birch stand
Complete with bath shower mixer and pop up waste
£549

ROLL TOP FREE STANDING CLAW FOOT BATH
Includes: Victorian bath/shower mixer and pop up waste
£499

2mtr BACK TO WALL BATHROOM FURNITURE DISPLAYS
All this from £549

Uno 900x900 Quadrant Steam Room
Includes: 2 Showers, Body Jets Steam, Lights & Radio
£1099

33x33 Crystal Beige
WAS £16.80 SQM + VAT
NOW £9.85 SQM + VAT

33x41.6 Rapozano Marfil / Nocer
WAS £22.20 SQM + VAT
NOW £11.99 SQM + VAT

20x30 Baldozer Marquina Negro Blanco
WAS £18.32 SQM + VAT
NOW £8.99 SQM + VAT

20x25 Autumn White
WAS £12.99 SQM + VAT
NOW £7.99 SQM + VAT

DECORS & BORDERS TO MATCH

HALF PRICE TILES
ALL NOW £4.99 SQM

15x15 Wall Tiles Egeo / Azul / Orana / Verde
WAS £14.99 SQM
4 Colours to choose from

20x30 Imola Wall Tiles
WAS £18.99 SQM
Choice of Colours

20x20 Bumpy White
WAS £9.99 SQM

RADDON COURT
world of water

01925 633 291
Fax: 01925 417 585

New range of Stammerschroer Bedrooms

BUILT IN BATHROOM FURNITURE
Vasari Back to wall WC Unit
£359

3D WALK-THROUGH KITCHEN PLANS

FITTING & DELIVERY SERVICE AVAILABLE

FREE ON THE SPOT QUOTATION NO APPOINTMENT REQUIRED BRING YOUR SIZES

RADDON COURT
Factory Outlet

LOWER WASH LANE

OLD RADDON COURT SITE

KNUTSFORD ROAD

GRANGE AVENUE

Lighterlife

YOU CAN LOSE 3 STONES IN 3 MONTHS!

Lose 3 stones in 3 months...
Give yourself a chance to
stay that way and
understand why you eat
when you are not hungry.

Call Christina for a free appointment on:
07913548588 www.lighterlife.com



New Year, NewYou

Feel good in 2007

IT'S New Year and we're all determined to improve our lives. But what's the problem with a new gym membership, enrolling on a career course, or trying hypnotherapy to quit smoking? They all cost money. And after indulging over the festive period and in the January sales, most of us don't have the spare cash to fork out on resolutions that will probably hit the rocks by mid-January anyway.

Yet there is another way. If you get down to your local Volunteer Centre, they'll show you how volunteering is an easy and cheap way to reach your New Year goals. Spokeswoman Jane Heath, from Volunteer Centres, said: "There's a huge rush at the start of the year to join a gym or commit to new hobbies as we all make an effort to improve our lifestyles. But these activities involve long-term financial investment, and more often than not we quickly lose interest even though we've committed a lot of money. "Volunteering can help you achieve many popular resolutions – from getting fit to gaining new skills or spending more time with your loved ones. We've even got new research that shows almost 90 per cent of people would feel happier and more fulfilled if they were making a difference in their community.

"At your local Volunteer Centre, there's someone on hand to help you find the best volunteering opportunity to improve your life in 2007."

So, if you're tired of making and breaking the same old resolutions, try something that comes with a much better guarantee of success.

● Get fit and lose weight

Instead of spending £50 a month on a gym membership you rarely use, get active in the great outdoors. By joining a BTCV Green Gym in your area and helping out with conservation and gardening activities, you can burn almost a third more calories in an hour than you would in a step aerobics class.

● Get less stressed

A course of acupuncture or regular massages are out of most people's budgets. Why not try volunteer counselling or mentoring? Providing a listening ear to someone genuinely in need of your time can be a good way to get a new perspective on your own problems and is a truly rewarding experience.

● Get a new career

If you can't afford a career break or training course, there are plenty of organisations that need your help. Writing a newsletter for a local charity can give you experience for a career in journalism, or organising fundraising activities can help you get a foot in the door in events management. If fashion is your dream job, why not help design the window displays or customise clothes for your local charity shop?

● Spend more time with people you love

A few pizzas, cinema tickets and drinks make for an expensive night out. Instead rally the family, escape the rat race and help out on a farm. Taking care of the animals is a fun way to spend time and bond with your loved ones.

● Take up a new hobby

Volunteering is a great way to make unaffordable hobbies a reality. Riding centres for disabled children want volunteers to help teach lessons and look after the horses; youth charities call for volunteers to teach adventure sports; while theatres need your help to work with groups of children on plays and musical productions, and even costume design.

To get in touch with your local Volunteer Centre, call 0845 347 9360 or visit www.volunteercentres.org



JOIN TODAY - NO JOINING FEE

Offer available to first 50 members

Slimming + Fitness = Results
Call Now for details

'LOSING WEIGHT HAS NEVER BEEN SO EASY!'

What the members have to say...

Since joining the gym I have gained a lot more energy than I had before. The staff are extremely friendly and are always willing to help with any advice. I have been to other gyms in the past but never felt as comfortable or at home as I do here."

Linda - Exclusive Fitness member for eight weeks

"Exclusive Fitness for Women's relaxed ladies-only environment means that it doesn't matter what you look like. The members are aged from 16 - 80 and all shapes and sizes. I've joined gyms in the past and always felt intimidated. However from the moment I walked into Exclusive Fitness the friendly atmosphere made me feel comfortable straight away. I have my own fitness instructor who designs my gym programme and regularly checks my progress. So far I have lost 8lbs, 16 inches and 3% body fat."

Jackie - Exclusive Fitness member for 6 weeks

about our club

- Toning tables
- Spinning
- Non-intimidating atmosphere
- Sauna
- Personal Training
- Sunbeds
- ABS Circuit Room
- Exercise classes
- 50+ pieces of gym kit
- Women only!

we can
help you with...

- Weight loss & toning
- Pre & post natal fitness
- Body shaping
- Nutritional counselling
- Endurance training
- Flexibility
- Group fit ball exercises



Exclusive

FITNESS FOR WOMEN

www.exclusive-fitness.co.uk

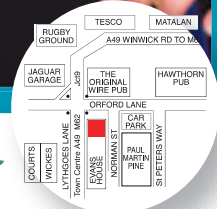
Call now on
**01925
638587**

EVANS HOUSE, NORMAN STREET WARRINGTON

**Exclusive
SLIMMING CLUB**



OPENING TIMES:
Mon - Thurs 7am-9pm
Friday 7am-7pm
Sat 10am-3pm Sun 10am-3pm



Waging war on the troublesome germs

Tips to help you keep the winter bugs at bay

Don't be fooled by the unseasonably warm weather – that flu and cold hazard remains. Travelling on crowded buses and trains or working in over-heated office buildings are all situations that expose us to bugs. It's not just coming into contact with people coughing and sneezing. Some strains of the cold and flu virus survive outside the body for a day or more, so everything you touch – from a toilet door handle to a lift button – could be teeming with invisible germs. Flu cases normally peak towards the end of December through to March, and on average over nine million Britons battle colds. But Dr Alyn Morice, professor of respiratory medicine at the University of Hull, believes there are ways to minimise the risk of contracting winter ills.

He said: "At the moment the number of cases is lower than normal because of the mild weather. Viruses like the nose to be cold as it is easier for them to implant in the mucous membranes, so a cold snap will see cases rise."

"Until then people still have time to use common sense and a few hygiene rules which could minimise their chance of getting ill."

He added that studies have shown that improved hand hygiene can reduce illness by up to 20 per cent and days lost from work and school by up to 40 per cent.

Dr Morice, who's also head of Hull Cough Clinic, said: "Wash hands

regularly because touching a contaminated surface – in an office that could be a telephone, keyboard, or even the communal microwave – and then touching your face can allow germs to get into your system.

"On average we touch our faces about three to four times a minute allowing germs to enter through the mucous membranes of the nose, mouth and eyes."

Sitting next to someone suffering an infection means you're more likely to be infected – one cough can spread 10,000 infectious viruses over 20 ft. Dr Morice says: "Try to move away from an infected person if possible, and also avoid shaking hands with them. If you have to, always wash hands afterwards."

With the help of Dr Morice and other experts we've devised a flu-guard package to help you ward off and beat those germs.

Flu facts

Flu is highly infectious – about 15 per cent of us suffer from it, meaning 150 million working days are lost as a result in Britain annually. The virus changes every year so just because you haven't caught it before doesn't mean you'll be ok this time. The virus is so small that 3,500 flu viruses can fit onto a pinhead. People can pass it on even before they show symptoms. Every day we inhale 10,000 litres of air and 100,000 flu particles can be projected into the air with one sneeze.

Wash your hands

It's estimated that more than half of all colds are transmitted by hand-to-hand contact. Viruses can survive on surfaces for up to 72 hours. American research reveals that one of the germiest things in a public space is the ground-floor lift button, while

desktops harbour 400 times more bacteria than a toilet bowl.

Dr Morice added: "To kill bacteria and viruses on hands, use warm water and soap or an anti-bacterial handwash and rub it on the hands for at least 15 seconds."

Now is the time to look Absolutely fabulous for New Year

Lose weight safely and fast under medical supervision

Can't lose weight? feeling tired and hungry?

if you answer yes to either of those questions, we have the perfect solution

DON'T PUT IT OFF ANY LONGER, AS TOMORROW NEVER COMES

- Now available - several different types of medication only on prescription
- Both men and women welcome
- Supervised by doctor
- Clinically approved diet suppressants
- By appointment only

The Image Clinic

07930 319146

01925 244700 The Image Clinic, Lever House,

9 Palmyra Square South, Warrington

17A Leigh Road Above Acorn Print (Next To Netto Foodstore)

Clinics Are Held At: Warrington, Leigh. By appointment only.

Clinics are held at :
Warrington, Leigh.
By appointment only
Warrington Clinic
WE ARE OPEN EVERY WEEK
Tuesday Afternoon
12 Noon - 2.00pm
Tuesday Evening
5.30pm - 8.00pm
Sunday
11.00am - 1.00pm
Leigh Clinic
Monday Evening
5.30pm - 8.00pm

GET INTO SHAPE FOR NEW YEAR



HAPPY NEW YOU!

Ladies Can Your Body Pass The Gymophobic Test?

TYPICAL RESULTS

SHELLY

Lost 21½ Inches in 12 weeks

KATH

Lost 26 Inches and reduced body fat by 2.1 in 10 weeks

TANYA

Lost 15½ Inches and Improved heart rate in 10 weeks

JACKIE

Lost 15½ inches in 10 weeks

ALISON

Lost 16½ inches in 10 weeks

Plus hundreds more at each branch



VIP Attention



Warm and Friendly

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Flat tummy? | ☐ | ☐ |
| 2. Waist 10" less than chest & hips? | ☐ | ☐ |
| 3. Chest & hips measurement similar? | ☐ | ☐ |
| 4. A toned, firm & lean body throughout? | ☐ | ☐ |
| 5. Ideal body weight? | ☐ | ☐ |
| 6. Excellent posture? | ☐ | ☐ |
| 7. Youthful bust line? | ☐ | ☐ |
| 8. Great shape to legs? | ☐ | ☐ |
| 9. High fitness/Energy level? | ☐ | ☐ |
| 10. Cellulite Free? | ☐ | ☐ |

If you ticked more than one no it's time to try Gymophobics 30 minute workout!



Gymophobics
THE 30 MINUTE WORKOUT

A Gym For Ladies Managed By Ladies

7 Crown Street Warrington

Next to Central Station"

www.gymophobics.co.uk

FOR A FREE GUEST VISIT & FIGURE ANALYSIS

Call: 01925 446744

IF YOU HATE GYMS? YOU WILL LOVE Gymophobics!!

Many women find conventional gyms intimidating. That's why Gymophobics so different!

You will love the beautiful ladies only environment, the VIP attention and the unique air driven exercise circuit that takes just 30 minutes per session. Most of all you will love the results Inch loss, weight loss, what your body needs you will see results in weeks rather than months.

1000's of women of all ages achieved amazing figure improvement at Gymophobics, so why not you?..

The New Year has only just begun so,

PICK UP THE PHONE NOW AND LET US CHANGE YOUR SHAPE AND CHANGE YOUR LIFE!!!