

# Upcoming features

## YOU



### WINTER 2010

#### WINTER MAKEOVER

Re-energise from the inside out

#### WHAT'S GOOD FOR YOU

Pears, cranberries, milk

#### FOOD

Winter soups

Available July 9, 2010  
Booking April 1, 2010  
Material April 15, 2010

## FAMILY



### SPRING 2010

#### FINANCE

Women and money

#### FOOTCARE

Take care of your feet

#### WHAT'S GOOD FOR YOU

Tea, water

#### FOOD

Fresh fruit dishes

Available Sept 3, 2010  
Booking July 1, 2010  
Material July 15, 2010

## BEAUTY



### SUMMER 2010/11

#### CHRISTMAS

Gift guide

#### HOME ALONE

With the kids

#### SUMMER SKIN

Sun-kissed beauty

#### WHAT'S GOOD FOR YOU

Walking, stretching, reading

#### FOOD

Super sandwiches

Available Dec 3, 2010  
Booking Sept 30, 2010  
Material Oct 14, 2010

## FOOD



### AUTUMN 2011

#### THE SEVEN AGES OF A WOMAN

Skin, health, body

#### PREGNANCY

#### SUPERFOOD

The ultimate list

#### WHAT'S GOOD FOR YOU

Muesli, yoghurt, seeds

#### FOOD

Pasta

Available Mar 5, 2011  
Booking Jan 7, 2011  
Material Jan 21, 2011