

Health *Select*

Reader's
Digest

New
for 2013

Essential
products for
healthy living

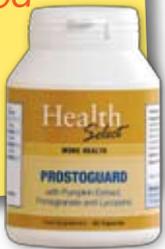
"The multi vitamins are
good quality and help
with my arthritis"

Ms P Churchett, Nottingham



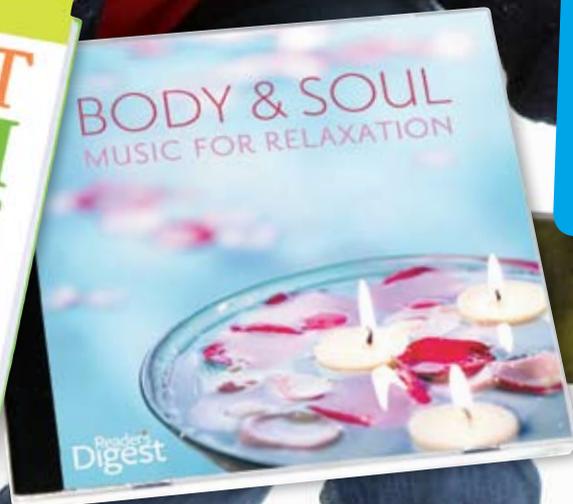
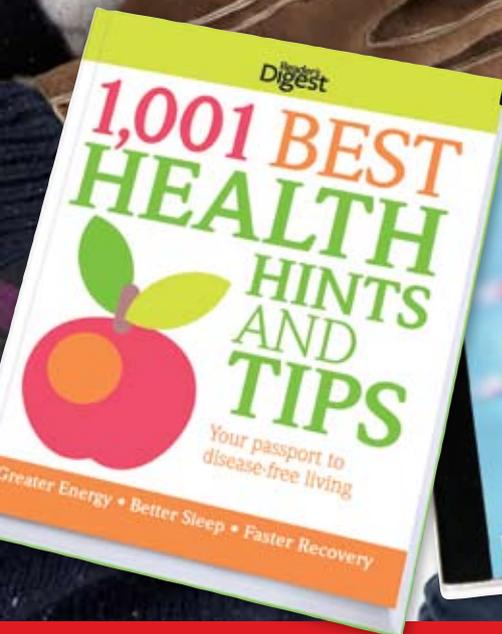
"These are such a good
price, I'll be buying
them again ..."

Mr T Fisher, Birmingham



"I always buy
my vitamins from
Health Select!"

Mrs D Medlock, Southend



VITAMINS • BOOKS • DVDs • BEAUTY • WELL-BEING • FITNESS • AND MORE

PLUS £15,000
TO BE WON WITH
ANY ORDER



Health *Select*

Make 2013 your healthiest year ever

Whether you're looking to boost your energy or discover the secret to true relaxation, our new Health Select catalogue is bursting with ideas for looking good and feeling tip top.

From informative books and DVDs to practical home gadgets and essential health supplements, we've hand picked every single item in this catalogue to give you an ultimate health directory.

- Your secret weapon to **feeling fabulous** – page 19
- We prove being **healthy isn't boring!** – page 3
- **Optimise your immunity** through the year – page 7
- Discover the simple secrets to **looking younger, faster** – page 5
- Find out easy ways to **boost your health** – page 15
- **Take care** of the whole family – page 24

But don't just take our word for it, read what our happy customers say about Health Select in the following pages.

Robin Humphrys-Smith
Catalogue Manager

"I use my vitamins almost every day and can tell when I've not taken them"

Mr M Kyle, Plymouth

"I've never had a problem ordering from Reader's Digest. I keep buying and buying!"

Mrs J Proudfoot, Perth

"It's so easy to order and everything is delivered straight to your door"

Mr G Boslem, Glasgow

"The best gadget I've ever used, so I bought one for my son too!"

Mrs Hill, Birmingham

Over 65 diabetes-friendly recipes

Diabetes doesn't mean being stuck in a boring food rut. From light meals and snacks to soups, mains and desserts, you'll find **stunning recipes for those with diabetes** in this groundbreaking book.

The recipes are so delicious you'll forget that it's a healthy cookbook!

Mouth-watering dishes include:

- **Banana and Berry Iced Smoothie**
- **Lemon Chicken Schnitzel Sandwich**
- **Smoked Salmon and Fresh Herb Mousse**
- **Scotch Beef Fillet and Caramelised Onion Salad**
- **Paella Fried Rice**
- **Romesco Soup with Chicken and Chorizo Sausage**
- **and many more**

Hardback book measures 265mm x 240mm; 256 pages; colour illustrations throughout

REF. 4302168

• **BLOOD SUGAR: INSPIRING RECIPES**

£24.99 or £2.49 and 3 monthly payments of £7.50



Angela's Veggie Lasagne

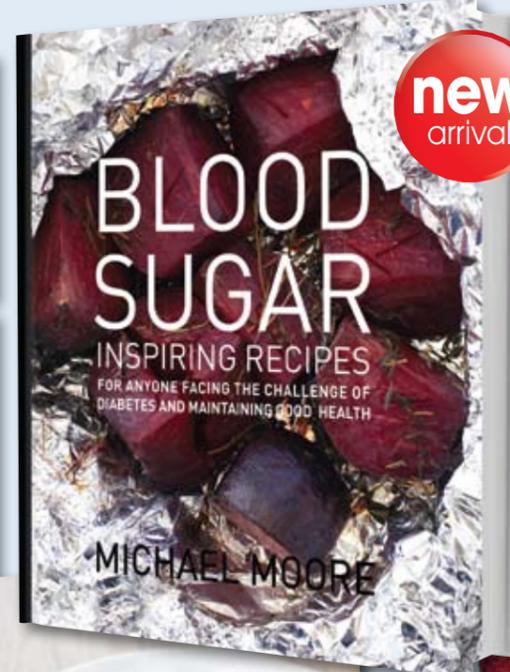


Figs on Toast with Ricotta



POLENTA-CRUSTED PORK WITH FENNEL AND ORANGE SALAD

BEAUTIFUL photographs



new arrival

new arrival

Unwinding is a breeze

Look after yourself in body and mind, using this collection of relaxing tunes to guide you. Comprising **over 20 calming tracks of orchestral and electronic 'new age' recordings**, you'll be able to escape the stresses and strains of modern-day living with ease.

2 tranquil CDs include: **Between Heaven And Earth Marc Hebbelinck**

• **Voices Of Creation New Millennium Orchestra** • **Thanksgiving**

The Taliesin Orchestra • **Pour Barbara Ennio Morricone**

• **Mya Vin Rys Terry Oldfield** • **Island Of Dreams**

Renato Anselmi • **The White Winds Slovak**

Philharmonic Orchestra

• **Waterworld**

Rosenstein and Wagener

• **and much more.**

REF. 3803007

• **BODY & SOUL - MUSIC FOR RELAXATION**

• **2 CDs**

£19.99 or £1.99 and 3 monthly payments of £6

almost 2 HOURS of serene sounds



Encourage better circulation

Millions swear by garlic for its capacity to help **keep the heart and circulation in good condition**, and there's a huge bank of research to suggest that their faith is justified. It contains a **natural ingredient with anti-bacterial properties** called allicin as well as other minerals, and you can enjoy the benefits of garlic in this handy odour-free tablet form.

REF. 0862029

• **GARLIC**

90 tablets – £16.99 or £1.69 and 3 monthly payments of £5.10

"The tablets being odour-free makes me happier!"

Mrs B Bluff, Stamford

NEW high-potency formula with lemon coating



Revive muscles with your own personal masseuse

Soothe away tense neck and shoulder muscles at the touch of a **button** with this portable massager. Whether you suffer with stress headaches, muscle tension or even fatigue, the built-in motor with high or low intensity settings will start relaxing you instantly. The memory foam padding interior is also covered in **luxurious soft fleece** to make your massage warmer and even more comfortable.

Requires 2 x AA batteries (not supplied)

REF. 0860093 • **NECK MASSAGER**

£24.99 or £2.49 and 3 monthly payments of £7.50

Keep your joints in good condition

Glucosamine sulphate is a compound found naturally in connective tissue and cartilage that helps to cushion and support the joints, keeping them more elastic and helping to build cartilage. The supplement **also includes vitamin C** which contributes to collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels.

REF. 0809276 • **GLUCOSAMINE**

90 tablets – £17.99 or £1.79 and 3 monthly payments of £5.40



"They're so good I just purchased more"

Mrs G Clowes, Cumbria

WIN £15,000 CASH!

Order any item within 7 days to guarantee your opportunity to win our Thank You prize.



Reaches tricky items easily!

Easy reaching, anywhere in your home

From grasping jars in the highest cupboards to picking up items off the floor and in awkward places, this **handy pick-up tool folds out and back** so you don't have to bend down. With an easy grabbing system, this clever device will help you pick up items one-handed without strain and simply folds up for use later on. You can even use it in your garden to pick up leaves and rubbish.



Folds out to 82cm

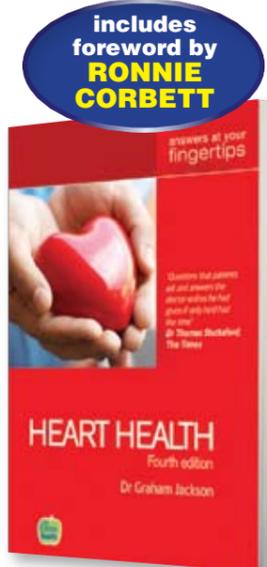
REF. 0860310 • PICK-UP TOOL
£24.99 or £2.49 and 3 monthly payments of £7.50

EASY-TO-USE!
folds out and back in

420 invaluable heart health questions answered

From how to keep your heart in tip-top shape to issues such as angina, palpitations and heart attacks, **hundreds of questions from real patients** are answered in this up-to-date guide to heart health. Tackling questions you may feel embarrassed asking your doctor, you'll also find **everything you need to know about preventing heart problems** and how to deal with them if they do arise.

REF. 4302192 • HEART HEALTH: ANSWERS AT YOUR FINGERTIPS
£19.99 or £1.99 and 3 monthly payments of £6



Paperback book measures 210mm x 148mm; 220 pages

includes foreword by **RONNIE CORBETT**

Reading in the dark made easy

No more disturbing your partner or struggling with a bed light or torch at night; these **nifty illuminating glasses** will make night-time reading perfectly comfortable. Two **powerful LED lights** are discreetly integrated in the frames and the reading glasses magnify 3.5x, so you can read, knit or sew in the dark.

for both **MEN AND WOMEN**

REF. 0861634 • GLASSES WITH LIGHTS
£24.99 or £2.49 and 3 monthly payments of £7.50



Magnifies 3.5x; requires long-life lithium batteries (supplied)

At last! Comfort and support in one bra

Designed to fit every woman's figure, this bra has a clever secret – seamless, body-contouring technology. The struggle to find a bra that **combines the perfect fit with comfort and great support** is over! Wide comfortable straps and full coverage cups eliminate discomfort; no underwiring means comfort and easy movement; and a ribbed under band offers ultimate support. Each pack contains three bras – white, beige, and black.

new arrival

FITS ANY cup size

Extra support with free slip-in sponge pads



- No wires or hooks
- Moulds to your body for the ideal cup size
- Form-fitting seamless construction
- Machine washable, never loses shape
- Comfort stretch fabric
- Wide supporting band – no more back fat or rolls

BOXED SET OF THREE BRAS

- Black
- Beige
- White

REF. 0861642 • BRA EASE BRAS – MEDIUM (10-12)

REF. 0861650 • BRA EASE BRAS – LARGE (12-14)

REF. 0861669 • BRA EASE BRAS – EXTRA LARGE (14-16)

Each pack: £29.99 or £2.99 and 3 monthly payments of £9

www.readersdigest.co.uk

Packed with doctor-approved advice

From getting a better night's sleep and tips for relaxing to **advice on coping with stress** and useful memory-boosting exercises, this book is your blueprint to being illness-free.

Discover exactly what to eat and how to cook it, which exercises will help ailments, how to treat and beat illnesses, what strategies you can use for better rest, what you can use to look and feel your best, and much more. Whatever your age or state of health, you'll find **effective advice to prevent and manage illness**. This easy-to-navigate guide is a **must-have for your bookshelf**.



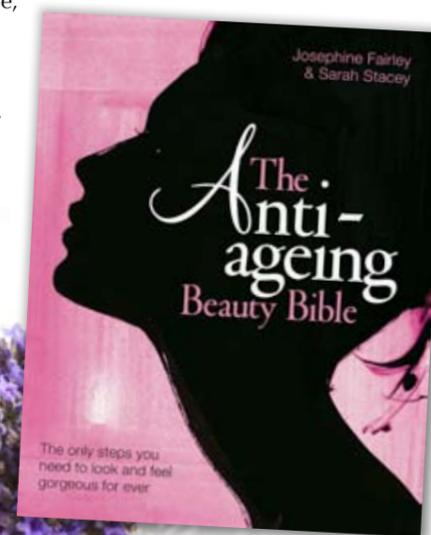
INVALUABLE TIPS FOR staying healthy

How to look, feel and be fabulous ... forever

Health and beauty experts, Josephine Fairley and Sarah Stacey, bring together everything a woman needs to know about feeling great, looking gorgeous and being fabulous, whatever your age. **Discover top tips for taking off ten years in minutes**, plus insider info and tried-and-tested reports on scores of health and beauty products. With chapters on skin, hair, make-up, hands, feet and nails, sleep, exercise and much more, **this is the bible for the older woman**.

Hardback book measures 255mm x 205mm; 224 pages; colour photographs throughout

REF. 4301315 • THE ANTI-AGEING BEAUTY BIBLE
£19.99 or £1.99 and 3 monthly payments of £6



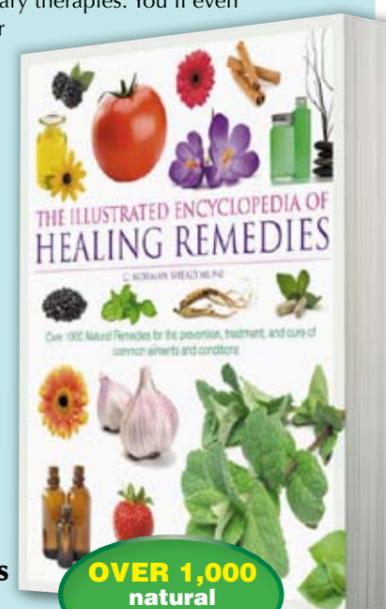
Combat illness naturally

Feel better in body and spirit with alternative and natural remedies to prevent, treat and cure common ailments. From information on essential oils and flower remedies to guidelines on how to use vitamins and minerals, this book is **an indispensable guide** to all you need to know about healing with complementary therapies. You'll even find out how to stock your very own home healing medicine chest.

- Ayurveda
- Aromatherapy
- Flower essences
- Homeopathy
- Herbal and Chinese herbal medicine
- Vitamins & minerals

Paperback book measures 280mm x 230mm; 496 pages; illustrations throughout

REF. 4301650 • THE ILLUSTRATED ENCYCLOPEDIA OF HEALING REMEDIES
£19.99 or £1.99 and 3 monthly payments of £6



OVER 1,000 natural remedies

friendly and knowledgeable UK-based customer services team

£50-WORTH of accessories included



For healthier cooking

The ingenious design of the halogen oven opens up a whole new world of cooking. It **cooks 3 to 5 times faster than a conventional oven**, with no need to add oils, and you can roast, fry, boil, bake, grill, steam and even toast bread. It's so easy to operate, with a simple push-down handle to start and stop.

This amazing offer includes:

- free replacement bulb
- 2-year warranty
- recipe book
- £50-worth of accessories, including tongs, low food grill, high food grill, baking tray, steamer tray, oven height extender ring, lid holder and skewer forks.

40cm wide x 32cm high, extender ring 8cm

REF. 0807672
• **HALOGEN OVEN**

£69.99 or £6.99 and 4 monthly payments of £15.75



Great meals that are good for you

Enjoy all of your favourite meals with **the grill that maximises taste and goodness and cuts down on fat**. Its clever, compact design makes healthy cooking, up to two portions at a time, quicker than ever. Watch as the grease and fat quickly slides from your food into the provided tray. It's **super-easy to clean** and fits neatly out of sight when not in use.

9.5cm x 21cm x 23.8 cm

REF. 0803332
• **GEORGE FOREMAN GRILL**

£29.99 or £2.99 and 3 monthly payments of £9



vital nutrients FOR LIFE



Don't run out of energy

As we get older, we tire more easily. That's why these multi vitamins have been **specially formulated for the over-50s**. They contain two key herbs, Korean ginseng to boost vitality and enhance immunity, and ginkgo biloba to help maintain a healthy blood supply around the body. Along with **essential vitamins and minerals**, it's just what you need to keep going for longer.

REF. 0809551

• **50+ MULTI VITAMINS**
90 tablets – £16.99 or £1.69 and 3 monthly payments of £5.10

Defence against the strains of modern life

A combination of beta glucans, a naturally-occurring plant extract, and resveratrol, a powerful antioxidant, this formula is **designed to optimise your natural immunity, thereby helping to defend against infection**. In addition, vitamin C, vitamin A, selenium and zinc all contribute to the normal function of the immune system.

REF. 0809225

• **IMMUNE FORMULA**
90 capsules – £19.99 or £1.99 and 3 monthly payments of £6



Preserve the flavour, preserve the goodness

A slow cooker is a **great choice for healthy eating**, because it doesn't boil away the nutrients from meat or vegetables, but leaves your food just as you want it, full of flavour and full of goodness. And it's easy to use. A slow cooker can be left safely cooking while you go about your busy daily routine. So you can **enjoy freshly cooked meals without being tied to the kitchen**.

REF. 0807818

• **3.5 LITRE SLOW COOKER**
£39.99 or £3.99 and 4 monthly payments of £9



HEALTHY EATING in one pot

Support a healthy heart with a regular intake of omega 3



Your heart is the motor of your life, and **omega 3 can help to maintain a healthy heart and circulation**. The UK government recommends a regular intake of either oily fish or fish oil supplements, and omega 3 is now available as a dietary supplement. **Omega 3 can restore the balance of essential polyunsaturated fatty acids to the modern diet and help maintain healthy joints**.

REF. 0862010 • **OMEGA 3**

90 capsules – £16.99 or £1.69 and 3 monthly payments of £5.10

"I'm re-ordering because they worked so well for me" Mr Gilfillan, Perth & Kinross

NEW 1,000mg one-a-day formula



Now food intolerance won't get in the way of a great meal

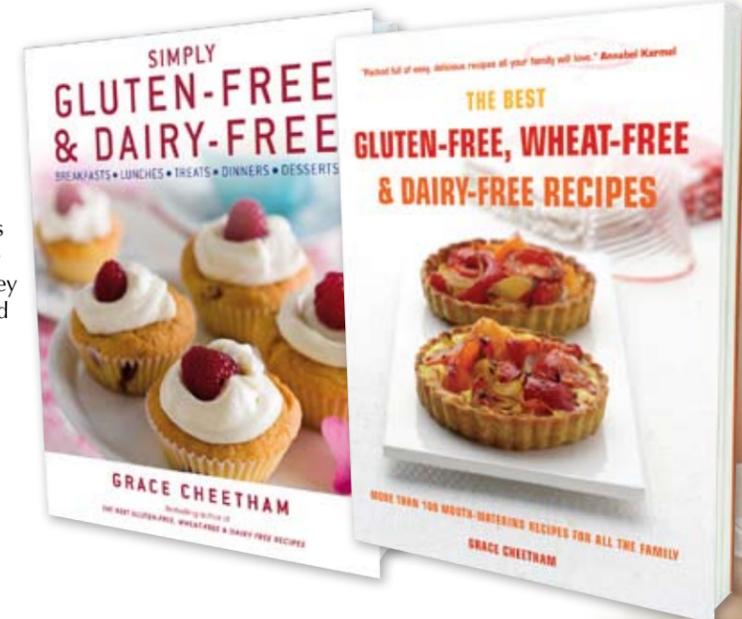
These two inspiring books reveal how easy it is to produce delicious gluten-free and dairy-free food. **Packed with mouth-watering recipes**, they show you how to use substitute ingredients and simple cooking techniques to make moreish meals. Now there's absolutely no reason why allergies should prevent you from eating your favourite foods.

Both hardback books measure 243mm x 189mm; 176 pages each; photographs throughout

REF. 4300971

• **SIMPLY GLUTEN-FREE & DAIRY-FREE/ THE BEST GLUTEN-FREE, WHEAT-FREE & DAIRY-FREE RECIPES**

£27.98 or £2.78 and 3 monthly payments of £8.40



buy in confidence with our trusted **guarantee of satisfaction**



An unbeatably close shave ... and more

With interchangeable heads, you're not only assured of a perfect close shave every time, but this useful gadget also functions as a nose trimmer, electric toothbrush and hair clipper. It **comes complete with charging station, mains adaptor and travel carry case**, so you'll be immaculately turned out wherever you go.

REF. 0809500 • 4-IN-1 CORDLESS RECHARGEABLE SHAVER
£32.99 or £3.29 and 3 monthly payments of £9.90



4-IN-1
shaver, nose trimmer,
toothbrush and
hair clipper

NOURISHMENT
for strong
bones

Your bones should support you for an entire lifetime

Give them your support with a combination of calcium, magnesium and other key minerals. Taking this special combination of calcium, vitamins D and K and magnesium on a daily basis can help promote strong bone growth.

REF. 0801631 • BONE VITAMINS WITH VITAMIN D AND CALCIUM
90 tablets – £18.99 or £1.89 and 3 monthly payments of £5.70



NEW AND IMPROVED
formula

Maintain your energy and boost your enjoyment of life

Stress, nervous strain and tiredness can all affect muscle strength. Taken as a dietary supplement, the sophisticated combination of magnesium and B-vitamins work optimally together to facilitate the flow of energy and blood to the muscles to help you enjoy life more.

REF. 0862037 • MAGNESIUM WITH VITAMIN B
90 capsules – £14.99 or £1.49 and 3 monthly payments of £4.50



"These are ideal for my husband"
Mrs D Wadsworth, Halifax

Magnetic

Help relieve back pain

Ensure you're benefiting from good back support with this back belt, equipped with cushions inside. Made from stretchy neoprene, the belt contains a padded cushion to provide comfortable back support and also has four sections containing magnets for natural therapy.

Neoprene belt and polyurethane foam cushion; 115cm long

REF. 0861537 • BACK BELT WITH CUSHIONS
£24.99 or £2.49 and 3 monthly payments of £7.50



Magnetic

Innovative help with healing



Built-in gel pack
for comfort



Includes two extension straps



The wrist brace and three-in-one adjustable ankle, elbow and knee brace use innovative technology to aid the healing process. The handy built-in gel pack is freezable and microwaveable to provide warm or cold therapy that could help with joint discomfort. The knee, elbow and ankle brace also includes extension straps to create a handy multi-use brace.

Wrist brace fits left or right hand; Polyester/PVC with gel inside; Size 37cm x 15.5cm • Knee/Ankle/Elbow brace with 2 extension straps; Polyester/PVC with gel inside; size 37cm x 15.5cm

REF. 0808393 • WRIST & 3-IN-1 THERAPY BRACES
£24.99 or £2.49 and 3 monthly payments of £7.50

Help to ease your discomfort

From watching TV and washing up to going on holiday and driving long distances, this TENS machine can be used anywhere and could help you complete simple tasks without pain making it difficult. The self-adhesive electrode pad is discreetly placed at the site of the pain, under your clothing, and can be controlled via a wireless remote to change the program and intensity.

Requires lithium batteries (supplied)

REF. 0861561 • RADIO-CONTROLLED TENS MACHINE
£34.99 or £3.59 and 4 monthly payments of £7.85

T.E.N.S (Transcutaneous Electrical Nerve Stimulation) uses tiny electrical currents to stimulate the nerves for therapeutic purposes. To do this, a T.E.N.S unit is attached to the area of discomfort using electrodes. A non-invasive and low-risk therapy, T.E.N.S is a safe and drug-free way of promoting general well-being.



No trouble hearing ...

Listen to the TV at the volume you need without disturbing others. This wireless infrared television-listening system operates on the TV volume level even if it's muted, meaning you can turn up the volume on your own headset without causing it to be too loud for everyone else. The mains-operated transmitter stand even recharges two earphone headsets.

FREE
additional
headset worth
£49.99



Wireless



Rechargeable



Field Cover

REF. 0809853 • WIRELESS TV SOUND EARPHONE SYSTEM INCLUDING TWO HEADSETS
£89.99 or £8.99 and 4 monthly payments of £20.25

comfortable, easy-to-use earphones



BEST SELLER

up to
10 HOURS'
operating time



Carry on enjoying an active life

As our joints start to feel the effects of wear and tear, a **well-chosen vitamin combination** can help keep them in healthy condition. This balanced combination of minerals includes silicon, manganese, copper, magnesium and calcium, as well as vitamin D for the skeleton plus glucosamine, which plays a role in the smooth working of the joints and helps maintain connective tissues.

REF. 0802336 • JOINT VITAMINS
90 capsules – £18.99 or £1.89
and 3 monthly payments of £5.70

for maintaining SUPPLE JOINTS



Hear loud and clear

Discover how this lightweight ear amplifier can help you hear more clearly. The **handy rechargeable device** has a comfortable headset **designed to fit snugly in your ear**, a variator to control the volume of decibels you'll hear, and an innovative noise filter to cut out any unnecessary noise and offer you a purer quality sound.

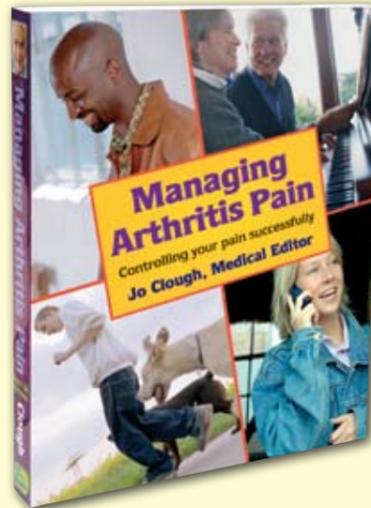
includes 3 EXTRA TIPS and an AC/DC ADAPTOR



REF. 0860344
• **MAGNI EAR AMPLIFIER**
£29.99 or £2.99 and 3 monthly payments of £9

Arm yourself with pain-controlling tactics

Arthritis pain affects people of all ages and is experienced in differing levels of severity. This **medically-approved book gives you simple tips** on how to help combat chronic pain and better understand the science behind arthritis, while providing a research-based guide to natural treatments.



- A scientific explanation of what causes pain
- Advice on diagnosing your pain
- Summaries of effective pain medications and treatments
- Tips for useful self-help pain relief

Paperback book measures 228mm x 184mm; 224 pages

REF. 4302176
• **MANAGING ARTHRITIS PAIN**
£19.99 or £1.99 and 3 monthly payments of £6

Enjoy a gentle massage for your lower legs and feet

This massager **combines TENS technology and infrared deep heat** for your lower legs and feet. The infrared heat gives a warming, massaging sensation and **aims to safely stimulate pressure points on the soles of your feet**. Then the button controls allow you to choose from 99 different kinds of electromagnetic wave intensities. Simply sit back, relax and use the cordless controls to introduce tiny electrical pulses through the soles. **Eight free TENS pads are also included**, for use on painful areas such as the back, neck and shoulders. Powered by mains adaptor, it features an auto switch-off with each selectable programme.

5-year manufacturer's guarantee; mains powered
H: 43cm x W: 42cm x D: 9.5cm.

T.E.N.S. **REF. 0808806 • MASSAGE THERAPY PRO**
£99.99 or £9.99 and 4 monthly payments of £22.50



BEST SELLER

Comfort and joy in one pillow

new arrival

Using the natural benefits of lavender and wheat, this neck pillow **can be warmed in the microwave and draped over your shoulders** to ease aches and pains. The soft fleece outer will feel cosy against your skin and the **calming lavender fragrance will have you feeling relaxed in no time**. It stays warm for up to 30 minutes too, so you can benefit from effortless warmth for longer! Perfect for those chilly winter nights.

MOULDS PERFECTLY to the shape of your neck

REF. 0861553 • WHEAT & LAVENDER NECK PILLOW
£24.99 or £2.49 and 3 monthly payments of £7.50



Natural therapy the stylish way

Magnetism has been practised for centuries by the ancient Egyptian, Indian and Chinese healers, and these magnetic bracelets are **so stylish they look just like pretty jewellery**. Featuring smooth stainless-steel links, the metal is highly polished to produce an attractive finish, and the bracelets are available for men or women.

- Two attractive designs
- Magnetism is a natural and drug-free way of promoting general well-being

magnetic

BEST SELLER



REF. 0809160 • STAINLESS-STEEL MAGNETIC BRACELET FOR MEN
£29.99 or £2.99 and 3 monthly payments of £9
Men: 21cm x 1.5cm



REF. 0809179 • STAINLESS-STEEL MAGNETIC BRACELET FOR WOMEN
£29.99 or £2.99 and 3 monthly payments of £9
Women: 19cm x 0.7cm

BUY BOTH AND SAVE £10

REF. 0861383
£49.98 or £4.98 and 4 monthly payments of £11.25

Keep mentally alert and promote good circulation

The older we get, the more important it becomes to keep our circulation healthy and to stay mentally alert.

Ginkgo biloba can help maintain healthy blood flow, improving circulation and carrying a richer supply of oxygen to the brain to fuel memory function and concentration.

REF. 0801992 • BILOBA
90 capsules – £17.99 or £1.79 and 3 monthly payments of £5.40

Ease the pain in your hands

These therapeutic gloves target the joints in your hands with heat to **help reduce any discomfort and protect any painful areas** from cold weather. The fingerless style gives you the needed dexterity while the supple 90% Neoprene fabric adjusts to fit snugly around your wrist for easy use. Your hands won't feel restricted and you'll be able to continue your day with ease.



just what your HANDS NEED

REF. 0806471
• **LADIES' MIRACLE THERAPY GLOVES**
£21.99 or £2.19 and 3 monthly payments of £6.60



Help your body adapt to natural changes

As with all changes, the menopause places extra stresses on the body. This **specialty-designed combination** of ginseng, guarana, iron and soya can **help you to boost and maintain your energy levels** and handle the stresses your body faces. It means you can continue to enjoy a full and varied lifestyle.

REF. 0809403
• VITAL ENERGY FOR WOMEN
 90 capsules – £19.99 or £1.99 and 3 monthly payments of £6



No more unwanted hair

Professional results in seconds! Just glide this little magic wand over your skin and see it whisk away stubborn and unwanted feminine hair instantly. **Neat and handbag-sized**, it comes complete with a stylish carry pouch.

- Remove unwanted hair in seconds
- Professional results without the price tag
- Say good riddance to unwanted hair
- No painful waxing
- No messy creams
- Quick and easy to use

Requires 1 x AA battery (supplied)

REF. 0806463 • SILKY SMOOTH TRIMMER
 £19.99 or £1.99 and 3 monthly payments of £6

"I gave this as a great gift!" Mr P Strutt, Plymouth



new arrival A manicure you can take anywhere

With its compact and light design, you can **look after your nails 'on the go'** with this nail care system. The super-bright LED light is great for those with poorer sight or for getting a professional finish, and it **comes with four interchangeable pads for filing, polishing and removing calluses**.



- Portable 'pen' design
- Includes filing tip, polishing tip and callus tip
- LED light to tidy nails in low light
- Low noise for discreet use
- Battery powered

14.5cm x 1.5cm;
 requires 1 x AAA battery (not supplied)

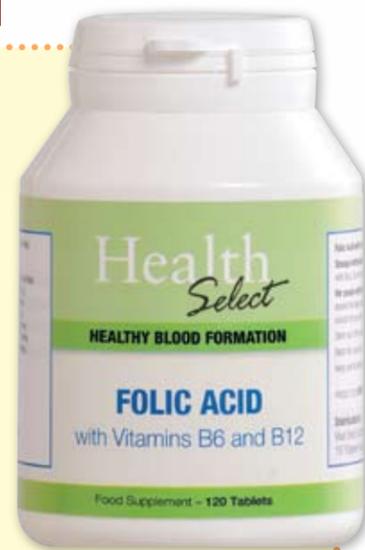
REF. 0861600
• LIGHTED NAIL CARE SYSTEM
 £26.99 or £2.69 and 3 monthly payments of £8.10

Stay brighter for longer

Build-up of an amino acid called 'homocysteine' can fur up the arteries and reduce blood flow to the brain, and it is thought that this can contribute to memory loss as we get older. But B vitamins and folic acid can help to **convert homocysteine into non-harmful substances**, slowing the rate of brain shrinkage and helping us to stay sharp.

REF. 0809764
• FOLIC ACID WITH VITAMINS B6 AND B12
 120 tablets – £16.99 or £1.69 and 3 monthly payments of £5.10

"I'm happy that these vitamins are working. They're a good price too!" Mrs L Bell, Kent



An essential item for all your travels

It's always a 'good hair day' with this **compact and powerful travel hair dryer**. Thanks to its clever design and ergonomic folding handle, this dryer **packs neatly away in even the smallest bag** and has a choice of voltages for use abroad. Includes all the features you'd expect: two heat levels, two fan speeds and the narrow professional nozzle that enables you to dry and style your hair just the way you want it.

Voltage selection: 110/220-240V;
 1200w power; automatic overheat protection

REF. 0805335
• TRAVEL HAIR DRYER
 £21.99 or £2.19 and 3 monthly payments of £6.60



Look better, quicker

Don't have much time to get ready? Just **pop these rollers into the microwave for a few seconds**, then as little as two minutes in the hair and the job is done. It's so much easier than using conventional rollers or curling tongs, and they create **beautifully smooth, bouncy and long-lasting curls**. Better still, they work equally well on damp or dry hair.

12 rollers in a storage box;
 15cm x 13.3cm x 6.4cm

REF. 0809497 • HEAT & CURL MICROWAVE ROLLERS
 £21.99 or £2.19 and 3 monthly payments of £6.60



Invigorate your scalp for hair confidence

Pamper your hair with **soothing infrared light and heat**, together with a gentle vibration massage. This inventive and ergonomic hairbrush **encourages confidence in your hair** for a happier you, inside and out.

- No trailing cables
- Lightweight – just 96g

Requires 2 x AAA batteries (not supplied)

REF. 0806196 • INFRARED MASSAGE HAIRBRUSH
 £24.99 or £2.49 and 3 monthly payments of £7.50



The right formula for skin, hair and nails

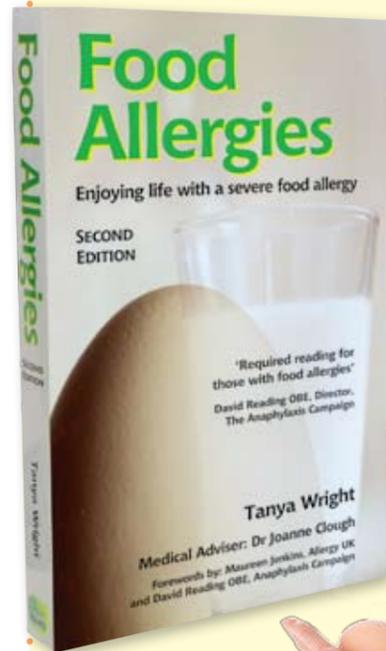
As we get older, we may need to supplement the building blocks that go into healthy skin, hair and nails. This **nutritional supplement has been specially formulated** to provide the natural vitamins and minerals that help prevent nails splitting and female hair loss.

REF. 0809489 • HAIR NAIL & SKIN
 90 capsules – £22.99 or £2.29 and 3 monthly payments of £6.90



Uncover an easy life with food allergies

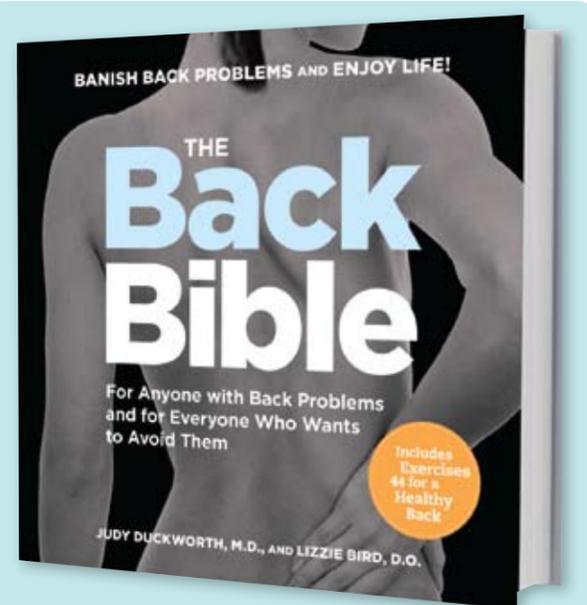
Live comfortably with food allergies thanks to the **unique practical advice found in this invaluable book**. Expert dietitian Tanya Wright uses her personal experience of food allergies to compile healthy diets for you, including lists of substitute products. Discover where to find allergen labelling on food packaging and have the emergency checklist to hand when you need it.



Paperback book measures 231mm x 153mm; 254 pages



REF. 4302184
• **FOOD ALLERGIES**
£24.99 or £2.49 and 3 monthly payments of £7.50



Help keep back pain at bay

If you have ever had so much as a twinge in your back, this is the book for you. It can't replace your doctor but can explain exactly how your back works and what can go wrong. Full of **advice about posture**, how to sit at your desk, in your car and the best way to tackle your gardening, this invaluable book can help you **manage backache**.

Hardback book measures 203mm x 203mm; 224 pages; colour photographs throughout

REF. 4006194 • THE BACK BIBLE
£24.99 or £2.49 and 3 monthly payments of £7.50

Over 130 energy-filled recipes

Help yourself **feel better for longer**, look younger, and gain cooking skills with healthy foods packed with nature's best disease-fighting ingredients. **Compiled by nutritional experts**, these recipes will help to increase your vitality and help slow the signs of ageing, so you can keep fighting fit no matter what your age.

Satisfying recipes for breakfast • Drinks • Quick meals and snacks
• **Vegetable dishes • Meat, poultry and seafood • Desserts and baking**
• **And many more.**

Hardback book measures 262mm x 225mm; 256 pages; more than 100 full-colour photographs

REF. 4006283
• **ANTI-AGEING DIET COOKBOOK**
£24.99 or £2.49 and 3 monthly payments of £7.50



EVERY RECIPE
comes with nutritional guidance

Do you wish you had a more confident smile?

This handy **at-home teeth whitening kit** is **quick and easy to use** as it's completely portable and comes with everything you need for a brighter smile. Teeth whitening is **beneficial for embedded stains such as coffee and red wine**, and for smokers too. This kit is simple – just apply the gel to the mouth tray, place it over your teeth and keep the light on for the recommended time.

Requires 3V lithium battery (supplied)

new arrival

- ✓ **Quick**
- ✓ **Easy**
- ✓ **Safe**



REF. 0861618
• **FAST TEETH WHITENER**
£24.99 or £2.49 and 3 monthly payments of £7.50

A relaxing massage can work wonders!

Designed to help tone fat-attracting areas such as the tummy, abdomen and calves, this handy massage belt is so easy to use thanks to the velcro attachments and button controls. Using the latest technology to give you an effective elliptical massage, you can use the **5-level auto and manual controls** to change the speed and direction of the vibrations for comfortable use. Simply slip the belt on and secure with the velcro fastening, then relax while the vibrations help target your chosen area.

Mains powered. Belt strap is 100cm long, 14.5cm high

REF. 0861545
• **MASSAGE BELT**
£44.99 or £4.39 and 4 monthly payments of £10.15



new arrival

Help control long-term weight loss

Trim is a specially formulated supplement **designed to assist in and maintain controlled weight reduction**. It includes L-carnitine to help the transport of fatty acids into muscle tissue; chromium which helps control the body's cravings for food; co-enzyme Q10 to maintain energy levels; and garcinia cambogia to help reduce feelings of hunger.

REF. 0809438 • TRIM
90 tablets – £24.99 or £2.49 and 3 monthly payments of £7.50





Pamper your feet

You're on your feet all the time, isn't it a good idea to take care of them a little at the end of the day? This **multifunction footbath** will refresh your feet and give them a new lease of life. Three function settings include vibration massage, spa massage and water heating. In addition, there's a **detachable roller for foot reflex zone massage**, and 16 integrated magnets for magnetic field application.

Mains powered

REF. 0809527
• BEURER FOOTBATH
 £39.99 or £3.99 and 4 monthly payments of £9



LARGE LCD DISPLAY
 for easy reading

Monitor more than your weight

These handsome, **slimline scales** do more than check your weight.

The removable multifunction display shows body weight, body fat, body water and muscle ratio, bone mass and calorie consumption. And **all of these details can be quickly transferred to your PC** to help you plan and monitor your weight-management programme.

32cm x 32cm x 21mm;
 requires 6 x AAA batteries (supplied)

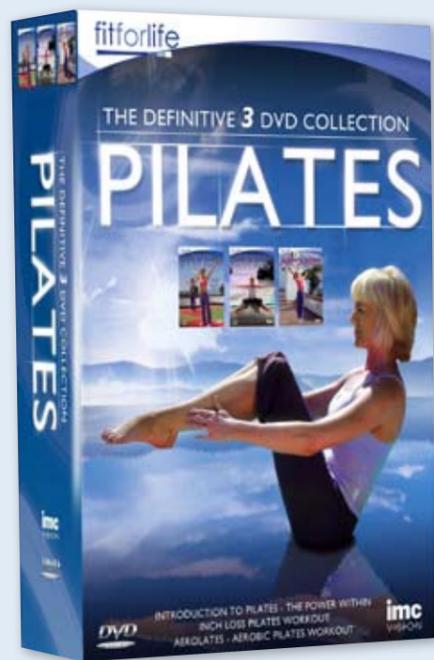
REF. 0809411
• BEURER DIAGNOSTIC SCALES
 £44.99 or £4.39 and 4 monthly payments of £10.15

A new approach to exercise

First developed to help athletes recover from injury, pilates is now widely recognised as an **invaluable exercise programme for everyone**. With fitness expert Lucy Knight as your guide, **these DVDs let you work at your own pace to learn the basics of pilates** and improve strength, flexibility and posture.

- An introduction to pilates
- Inch loss pilates
- Aerobic pilates workout

REF. 8607850 • **PILATES: THE DEFINITIVE 3-DVD COLLECTION**
 £29.99 or £2.99 and 3 monthly payments of £9



This handy mirror doesn't scrimp on style

From washing your face and putting on make-up to plucking eyebrows and brushing your teeth, **see what you're doing up close with this illuminated mirror**. As well as a bright LED light, the mirror also swivels to switch between normal and 5x magnification with ease. Plus, the high-quality chrome finish will look smart in any bathroom.

17.5cm x 19cm x 10cm; mirror diameter: 11cm; requires 3 x AA batteries (supplied)

REF. 0861685 • **BEURER ILLUMINATED COSMETIC MIRROR**
 £26.99 or £2.69 and 3 monthly payments of £8.10



LIGHTS UP
 for precision



A natural approach to beautiful skin

Good skin is vital for looking and feeling your best. The quality of your skin can reveal a lot about your general well-being. That's why these luxurious skin care products are **formulated with active ingredient co-enzyme Q10** as well as ginkgo biloba and pycnogenol® (a plant-based antioxidant) to smooth away fine lines and wrinkles, moisturise, help care for, and even revitalise, your skin – after all, it's your body's largest organ.

REF. 0803405
• Q10 REVITALIZING CREAM
 £22.99 or £2.29 and 3 monthly payments of £6.90

REF. 0803413
• Q10 REVITALIZING HAND & NAIL CREAM
 £19.99 or £1.99 and 3 monthly payments of £6

REF. 0801704
• Q10 REVITALIZING EYE CREAM
 £24.99 or £2.49 and 3 monthly payments of £7.50

REF. 0809152
• Q10 REVITALIZING BODY LOTION
 £19.99 or £1.99 and 3 monthly payments of £6

"Brilliant – I'll definitely order these again"
 Mr T Kaye, Sheffield



FREE Q10

BUY ALL 4 AND SAVE £20 PLUS GET A POT OF Q10 VITAMINS FREE

REF. 0809560 • **Q10 COLLECTION**
 £67.96 or £6.76 and 4 monthly payments of £15.30

SPECIAL OFFER: TWO BOTTLES SAVE £10



for a special **MINERAL BOOST**

Stay fit, slim and energetic!

Spirulina is a freshwater algae – appropriately known as 'green gold' – that possesses an extremely high proportion of the **valuable minerals and nutrients that our bodies need on a daily basis**. It offers a wholly natural 'cocktail' of plant proteins, carbohydrates, beta-carotene, B-vitamins, minerals like magnesium, calcium, potassium and iron as well as essential fatty acids. In short, a comprehensive supply of nature's minerals that you would find hard to match in synthetic preparations.

REF. 0801739 • **SPIRULINA**
 600 tablets – £23.98 or £2.38 and 3 monthly payments of £7.20



Relaxation at the touch of a button

This powerful, hand-held infrared massager doesn't just provide a gentle, agreeable massage but also uses infrared to help warm and untangle those knotted muscles. With two separate heads and a removable handle, which lets you reach the whole body, this is a safe and soothing way to feel at ease.

50cm x 12cm x 12cm;
mains powered;
infrared heat to
approx. 45°C



Two detachable heads for different massage styles

Removable handle to reach the whole body



REF. 0809314
• INFRARED MASSAGER

£39.99 or £3.99 and 4 monthly payments of £9

"It's reduced my pain by at least 50%" Mr Tasker, Horncastle



18.5cm x 7.5cm x 14cm

Gently stretch away foot pain

Slip your heel into the cradle, rock the device to a comfortable position, and hold it there for 30 seconds. That's how easy it is to use this foot exerciser! Helping to gently stretch the plantar fascia, which supports the arch of your foot, this gadget needs minimal effort and should help your feet become more flexible.

A simple and effective solution to foot problems.

"I found this very useful and well-made"

Mrs B McFadden, Wolverhampton

REF. 0809330
• PLANTAR FOOT EXERCISER

£27.99 or £2.79 and 3 monthly payments of £8.40

Smoother feet in seconds

Give your feet a treat and say goodbye to dry skin, tough nails and calluses. The ergonomic design makes it easy and comfortable to use. Now you can show off your feet with pride.

- 3 snap-on buffers
- Variable speed control

Requires 3 x AA batteries (supplied)

REF. 0806293
• HARD SKIN REMOVER

£26.99 or £2.69 and 3 monthly payments of £8.10



INCLUDES DVD, resistance bands, balance ball, digital counter

Your easy workout solution

The cleverly designed Total Core Deluxe provides essential support that allows you to do more sit-ups and exercise for longer, but with less strain on your neck and back. It means you can start your exercise in complete comfort, so you get maximum results. It's easy to use and suitable for all fitness levels, so it's the perfect device for your fitness programme.

Folds to 56cm x 46cm x 18cm; comes with deluxe counter, resistance bands, quick start guide and balance ball



FREE slim-down DVD & Advance workout DVD

REF. 0809381

• TOTAL CORE DELUXE

£59.99 or £5.99 and 4 monthly payments of £13.50

Everything you could possibly want to boost your ... er ... memory!

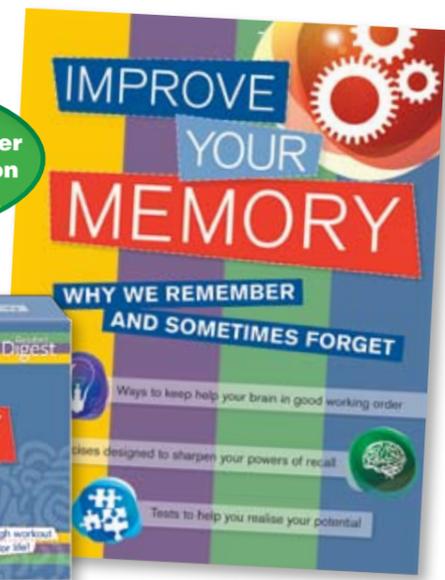
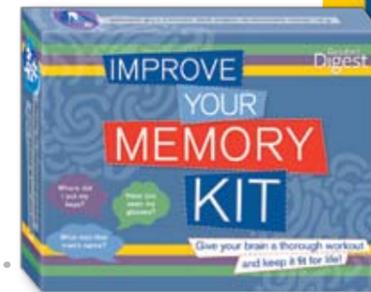
If you've ever lost your keys, forgotten someone's name, struggled to remember a pin code (who hasn't?), then this ingenious kit is for you. It features practical exercises to sharpen your recall, a fun memory game, a booklet that explains how memory works plus easy-to-follow advice to improve yours. You know what they say, use it, don't lose it!

Set comprises: booklet 276mm x 213mm; 96 pages; 100 Challenge cards 120mm x 120mm; 72 memory game cards 55mm x 55mm; electronic timer; notepad; pencil

REF. 4005880 • IMPROVE YOUR MEMORY KIT

£25.99 or £2.59 and 3 monthly payments of £7.80

developed in collaboration with former World Memory Champion Jonathan Hancock



Laughter is the best medicine!

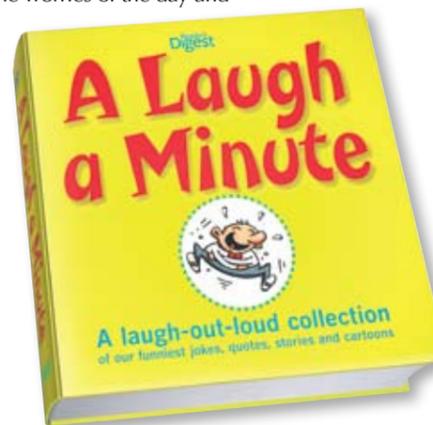
Need a pick-me-up to stop feeling blue? Looking for a joke to cheer up a friend? Look no further than this 2,000-strong collection of jokes, stories and cartoons on everything from work and children to animals and the law, guaranteed to brighten any gloomy day. They say that laughing releases tension and leaves you feeling more relaxed, so banish the worries of the day and make life a laughing matter with the book that can't fail to put a smile on your face.

- Relieve stress and feel your mood lighten
- Take time out to have a good old giggle

Hardback book measures 222mm x 220mm; 320 pages; over 200 colour cartoons and illustrations

REF. 4003470
• A LAUGH A MINUTE

£19.99 or £1.99 and 3 monthly payments of £6



How does your heart beat?

The way the body works is a mystery to most of us. But this fascinating book takes us under the skin to discover exactly how our bones fit together, what our organs actually do, where the muscles join the skeleton, and much more. It provides clear answers to questions like: how do we taste things, why are we able to move the way we do, where do veins all fit inside us. And having shown precisely how the body works, it also shows what happens when it goes wrong, so you can clearly see the effects of disease and disability.

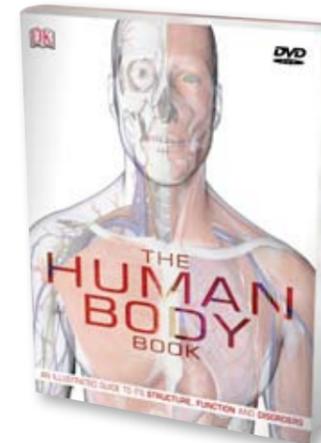
With detailed illustrations throughout, this is a vital atlas of the body. With this book to guide you, you'll understand how we work, better than ever before.

Hardback book measures 255mm x 195mm; 256 pages; illustrations throughout

REF. 4300718

• THE HUMAN BODY BOOK

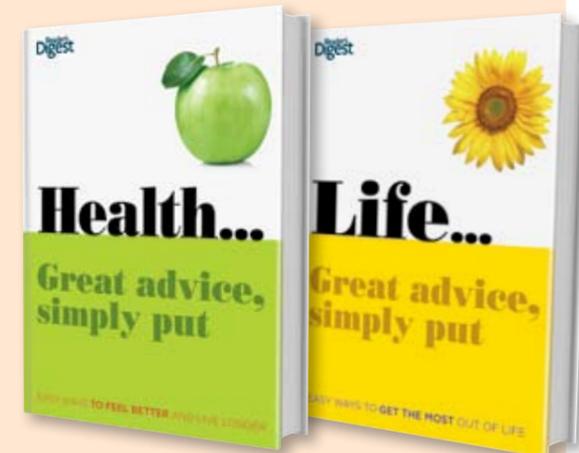
£24.99 or £2.49 and 3 monthly payments of £7.50



Life – and how to live

Get the most out of life with some down-to-earth, no-nonsense advice on coping with life's trials and tribulations. From getting out of a rut to shopping smarter, improving your memory to telling great bedtime stories, beating fatigue to looking ten years younger, this handy pair of books can help you make changes to your health and your life. Containing simple, straightforward advice on life and health, you can benefit from instant advice and life lessons that really work. It'll be like a bowl of cherries before you know it!

- Smart ideas for simple living
- Quirky illustrations to inspire you
- Packed with proven advice from reliable sources
- 'Instruction manuals' that feel like they're from a friend
- Waffle and nonsense-free tips



Both hardback books measure 183mm x 133mm; 176 pages each; 50 illustrations in each

REF. 4006232 • HEALTH .../LIFE ...

£16.99 or £1.69 and 3 monthly payments of £5.10

A stylish way to enjoy the benefits of natural therapy

This stunning **gold-plated necklace and bracelet set** features garnets, sand stones, jade stones, howlites turquoise stones and tiger's eye stones to create a **truly unique burst of colour** that complements any outfit. Containing 6 magnets in the bracelet and 10 in the necklace, don't they look just like pretty jewellery!

Bracelet: 18.5cm long; Necklace: 40cm long

Magnetic



REF. 1602136 • MAGNETIC NECKLACE & BRACELET
£39.99 or £3.99 and 4 monthly payments of £9



new arrival

Look sharp for less

Save money on barber's appointments by cutting your own hair with this effortless trimmer. Easy-to-use thanks to its ergonomic design, it's a breeze tidying unkempt hair as two detachable combs with different lengths create the perfect cut without error. Whether you need to trim your hair, beard and moustache, neckline or body hair, this multi-use trimmer is ideal for a new look. It's **small enough to carry around with you too**, making it ideal for popping into your bag for holidays or long journeys.

- Cuts hair with the same quality as a classic trimmer
- Ergonomic design makes it easy to use
- Two separate combs can be used for different lengths



EXPANDABLE handle for easy use

REF. 0861529 • TRIMMING COMB
£24.99 or £2.49 and 3 monthly payments of £7.50

Better health for men

This supplement provides an advanced and comprehensive combination of bio-active nutrients. It has been **specially formulated to help support all-round male health and vitality**, with nutrients that support the male reproductive system and prostate health. The natural food extracts may help shrink the prostate and protect against free radicals.

REF. 0809543 • PROSTOGUARD
90 capsules – £18.99 or £1.89 and 3 monthly payments of £5.70

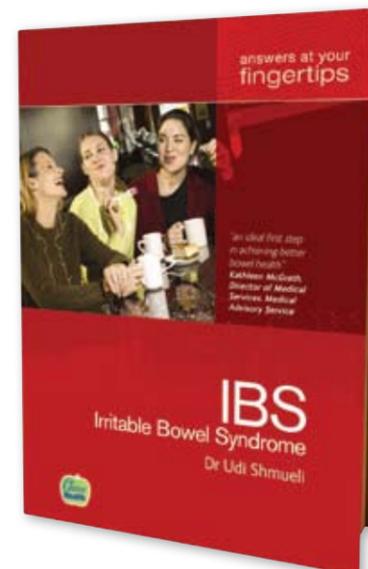


Understand and deal with IBS

It's the problem we don't talk about. Yet at least 20% of the population suffer the misery and pain of Irritable Bowel Syndrome. Now this **simple, straightforward guide** by an acknowledged expert on the condition will help you understand its causes, its symptoms and its treatment.

Paperback book measures 210mm x 148mm; 240 pages

REF. 4301064 • IBS – IRRITABLE BOWEL SYNDROME: ANSWERS AT YOUR FINGERTIPS
£19.99 or £1.99 and 3 monthly payments of £6



Remove unsightly nose and ear hair in moments

Put an end to hair in unwanted places with this **slimline and effective personal grooming aid**. Its gentle rotary action **ensures hair is removed quickly at the root**, slowing regrowth and even reducing the risk of having ingrowing hair.

Smart ways to SMARTEN UP

REF. 0806587 • WET AND DRY NOSE/ EAR HAIR CLIPPER
£24.99 or £2.49 and 3 monthly payments of £7.50



- Effective results fast
- Gentle rotary action
- Safe and hygienic
- 100% watertight
- Use wet or dry
- Slimline design

Requires 1 x AA battery (not supplied)

Walk in comfort

Banish new shoe blisters with this pine two-way stretcher. It **gently eases the shoe to fit properly** – in length, width, heel, over bunions, corns or sore toes. Just set it as you wish and leave it overnight to work its magic. Your shoes will feel comfortable, stop nipping and give you a better chance of avoiding blisters.

REF. 0860867 • SHOE STRETCHER (SIZE 9-14)

REF. 0806480 • SHOE STRETCHER (SIZE 5-9)
£21.99 or £2.19 and 3 monthly payments of £6.60



Relaxing has never been so easy

Ensure you're comfortable wherever you are with this compact Shiatsu massager, for use as a pillow or cushion whenever you need it. **Compact enough to take on car journeys too**, the cushion features four Shiatsu balls for an invigorating massage.

PORTABLE for work, travel or home



REF. 0809950 • FOUR-BALL SHIATSU HEATED CUSHION
£44.99 or £4.39 and 4 monthly payments of £10.15

Mains adaptor-operated at 12V; measures 33cm x 24cm x 11cm

SHOP FROM HOME

Put your feet up and shop in comfort from your armchair! No crowds, no fuss, no hassle – it's the perfect way to shop.

CHOOSE NOW – PAY LATER

Order and enjoy top-quality products now and pay later in interest-free instalments. If a product that you order becomes unavailable, either permanently or for a significant period, we will endeavour to offer you a similar substitute product of equal or higher value. If you decide not to keep the substitute product for any reason, you are able to send it back to us at our expense.

ORDER BY POST

Simply stick the stamps of your choice in the spaces provided on your prize draw documents and return them as soon as possible. Alternatively, call absolutely **FREE** on **0800 652 4031** and speak to one of our friendly operators.

PROMPT DISPATCH

Your order(s) will be dispatched as soon as possible – usually within 14 days – but please allow up to 28 days for delivery.

QUALITY GUARANTEE

Should you wish to return a product, you may do so at any time within 7 working days of delivery and receive a full refund of any money you may have paid. Full details will be sent with your order. This guarantee does not affect your statutory rights.

ANY QUESTIONS?

Should you have a query regarding anything you order, one of our Customer Services team will be happy to help. Simply telephone 0871 351 1000* between 8am and 6pm Monday to Friday or between 8am and 1pm Saturday.

*Calls from a BT landline will cost 10p per minute. Call costs from other providers may vary.

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Portable magnifying lenses for 3 times the size

If you have trouble reading small print, these **handy clip-on lenses will attach to your existing glasses frames** and magnify the size of text and pictures by 3 times. Lightweight and compact, you can **flip the lenses up and down to switch between magnified and normal**, so there's no need to carry multiple pairs of glasses around with you. Keeping both lenses together in one place also means you won't lose them when you need them!

**FITS ALL
glasses**



REF. 0860395
• **CLIP-ON MAGNIFYING GLASSES**
£21.99 or £2.19 and 3 monthly payments of £6.60

Hear clearly the first time

Don't struggle with muffled sound. This mini sound amplifier will **filter any unnecessary noise and feed you clear sound instantly**, so you don't miss out on conversation or have to ask for names again. **Plus, the discreet earpiece fits snugly in your ear**, so you can hear comfortably.

• **It even comes in a small case so you can take it with you anywhere, anytime!**



**INCLUDES
3 extra earplugs
and 6 batteries**

REF. 0860352
• **SOUND AMPLIFIER**
£24.99 or £2.49 and 3 monthly payments of £7.50

2cm x 2cm



A quick solution for cleaning your dentures

Save time and effort with this battery-operated denture cleaner, which uses **powerful sonic vibrations** to remove stains, bacteria, tartar and food particles. It's **so simple to use**, just place your dentures in the container with your cleaning solution (not included) and leave for a few minutes. No more lengthy brushing or overnight soaking!



REF. 0860468
• **SONIC DENTURE CLEANER**
£24.99 or £2.49 and 3 monthly payments of £7.50

**SIMILAR
to those used
by dentists**

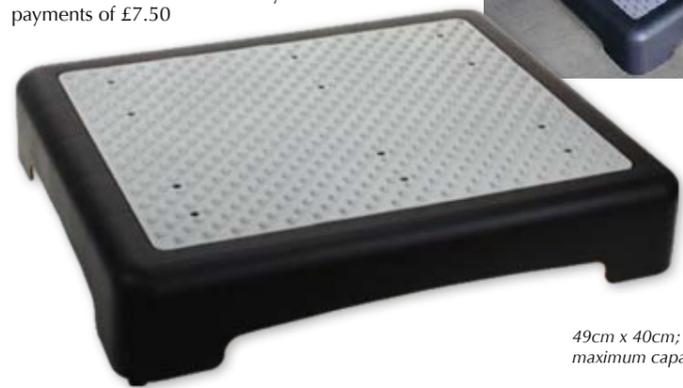
Requires 2 x AA batteries (not supplied)

Take it step by step ...

Make getting in and out of your home a breeze with this non-slip step. **A simple solution to troublesome raised doorways**, this step will allow you to tread safely and effortlessly.

There's **no need to struggle** to get in and out of your house, as this step not only provides a sturdy platform, but a non-slip cushion on the top also helps to prevent nasty falls.

REF. 0860328
• **ANTI-SLIP OUTDOOR HALF STEP**
£24.99 or £2.49 and 3 monthly payments of £7.50



**EASY IN,
easy out!**



49cm x 40cm;
maximum capacity 200kg



Keep your system healthy

Probiotics, containing the 'good bacteria' that live in the gut, help to keep our systems regular. **Balancing healthy gut flora is essential to a healthy immune system** and may be useful for a number of bowel problems.

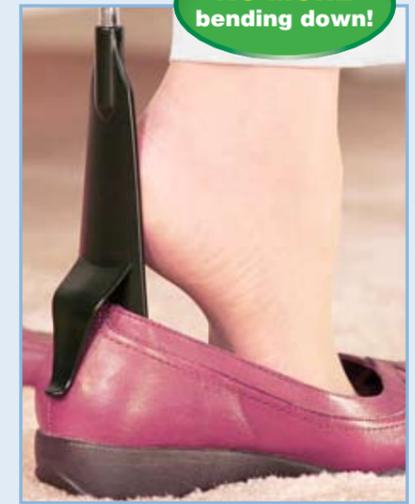
**INCLUDES
probiotics, vitamins
& minerals!**

REF. 0809292
• **PROBIOTICS**
90 capsules – £16.99 or £1.69 and 3 monthly payments of £5.10

Shoes are a breeze again ...

Putting on your shoes will no longer be a strain with this telescopic shoe horn. The pole extends to a lengthly 75.5cm, so **you won't need to bend right down to get your shoes on safely anymore**. Simply extend the pole to the desired height and use the **handy shoe guide** to get a grip on the back of your shoes, ready to slip your feet in easily and quickly. Plus, it even comes with a hanging strap so you can keep it out of the way when it's not needed.

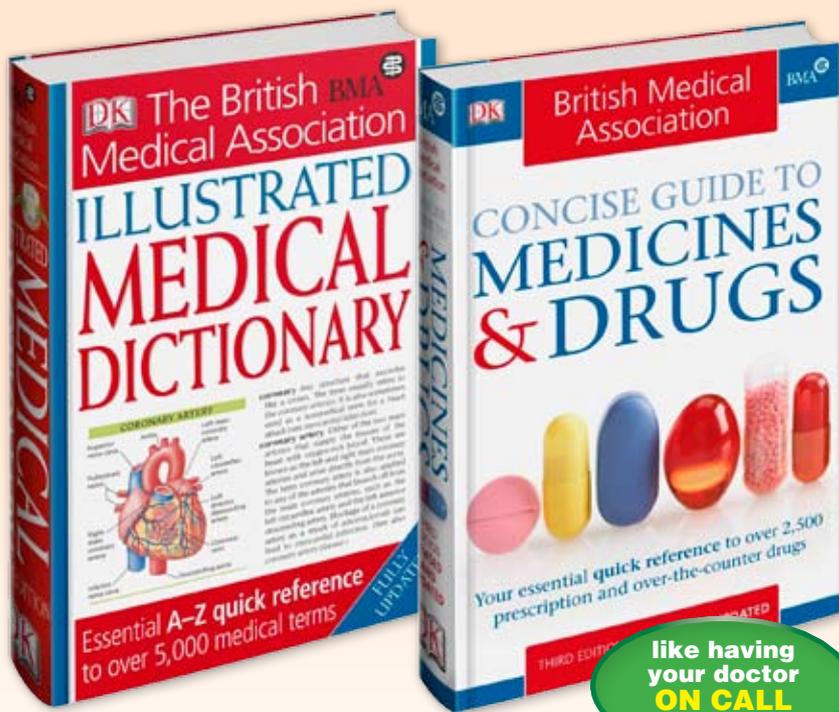
Extends from 54cm to 75.5cm



**NO MORE
bending down!**

REF. 0860301
• **LONG-REACH SHOE HORN**
£22.99 or £2.29 and 3 monthly payments of £6.90

Extends to 75.5cm



like having your doctor ON CALL 24/7

Keep a doctor on your bookshelf

Fully endorsed by the BMA, Britain's leading medical authority, these books provide a quick, jargon-free answer to your medical questions.

The BMA Illustrated Medical Dictionary is the essential A-Z guide to over 5,000 medical terms.

Published by Dorling Kindersley; book measures 195mm x 128mm; 608 pages; colour illustrations throughout

The BMA Concise Guide to Medicines & Drugs provides everything you need to know about over 2,500 medicines.

Published by Dorling Kindersley; book measures 198mm x 129mm; 480 pages

REF. 4309286 • BMA ILLUSTRATED MEDICAL DICTIONARY / BMA CONCISE GUIDE TO MEDICINES & DRUGS

£24.98 or £2.48 and 3 monthly payments of £7.50

No more painful tweezing!

Suitable for any skin type, these tweezers will leave you with soft, smooth skin for weeks and are so easy to use. The rotating head removes hairs up to 50x faster than standard tweezers, creating a virtually pain-free hair removal method, and the compact design makes them ideal to take away on holiday. Plus, the LED light will make shorter or downy hair easier to spot. You could save money on expensive salon treatments!

- No more razors, creams, waxing or shaving
- Removes hair at the follicle, so it grows back more slowly
- Ideal for the face, underarms, bikini line and legs
- Perfect for popping in your bag for holidays and work
- Handy LED light for easier use
- Suitable for any skin type



new arrival

REF. 0861570
• TWEEZER WITH LIGHT AND FREE MANICURE SET

£24.99 or £2.49 and 3 monthly payments of £7.50

12cm long; requires 2 x AAA batteries (not supplied)



includes FREE 13-piece manicure set

Telling the time has never been easier

No more peering at your watch – ingeniously, these literally tell you the time! At the touch of a button, the date and time will be spoken in a clear voice with radio-controlled accuracy.

- Automatic adjustment in summer and winter
- Clear analogue face and hands
- Speech recorded by RNIB

“THE TIME IS 10:10”



Face diameter: 30mm (Men's), 25mm (Ladies')
Strap adjustment: 150mm – 200mm (both)

REF. 0806137 • MEN'S TALKING WATCH
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