

Health & Fitness

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Holistic weight loss

Chuck out your diet books... a weight-loss and wellness programme is taking the UK by storm. RejuvaSlim combines a detoxification plan, a month-long course of electronic lymphatic massage, and a seven-step process that the creators guarantee will deliver significant weight and inch



REJUVA™

SLIM

loss. The theory behind it is that the body stores toxins in fat cells, which over time, overload the colon and digestive system. By following the RejuvaSlim plan, it's claimed these toxins are broken down and 'plaque' in the intestinal tract is chipped away, stimulating the lymph to flow more easily. RejuvaSlim has been tested on 500 women and 100 men worldwide, and 93 per cent of those tested maintained their weight loss after the programme.

We have 12 RejuvaSlim sessions (40 minutes each), worth £540, to give away to one lucky reader. To win, write to *H&F/RejuvaSlim*, Brandnation, 9 Holyrood Street, London SE1 2EL, before October 31. For your nearest Rejuva-Slim clinic, call 020 8662 0700.