

Black beauty

April/May 2013
£2.99

#1
UK's Best
selling Black
Magazine

& hair for women who want to look amazing

396
SPRING-
READY
LOOKS

STRAIGHT
MODERN

Is a keratin blowout
or texlax for you?

EXCLUSIVE

NICKI MINAJ

On being a complex beauty idol

Bloggers
we ♥

INTERVIEWS WITH
BEAUTYBYJJ AND
AFROBELLA

Weave
GOT IT!
Back-to-
back pages
of extension
makeovers

BRIDAL
HAIR
Special



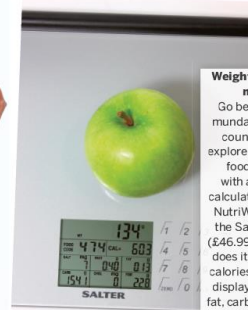
FIND YOUR STYLE

For more style ideas log on to www.blackbeautyandhair.com

Health



Myth buster
Who said black women don't work out? Personal trainers and mother-daughter fitness duo are here to prove the critics wrong with their workout DVD Black Girls Work Out Too (£16.59). The overnight sensations aim to 'motivate women across the globe to get up and move' their way to a fit healthy lifestyle.



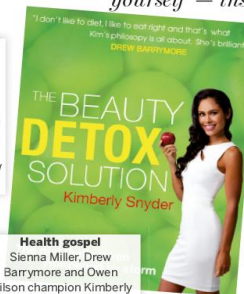
Weight off your mind
Go beyond the mundane calorie counting and explore nutritional food values with accurate calculations using NutriWeigh Slim the Salter Scale (£46.99). Not only does it count the calories for you, it displays the salt, fat, carbohydrates, cholesterol and fibre levels in your food. A memory function to tallies up your overall nutrient intake for the week or month.

GOOD FOR YOU

Take the time to look after
yourself – inside and out



Chew your way to health
D'Mix (£18) is jam packed with natural goodness: peppermint aids in the relief of gas and heartburn; sesame seeds and liquorice ease an abdominal colic and coriander and fennel seeds freshens breath. To reap the benefits all you have to do is chew for 30 seconds after every meal.



Health gospel
Sienna Miller, Drew Barrymore and Owen Wilson champion Kimberly Snyder's best selling book The Beauty Detox Solution (£12.99) and now it's your turn. Kimberly's states that 'Outer beauty is a reflection of inner health' and promises that with a few dietary health tips you can rid yourself of acne and wrinkles, grow strong hair and nails while melting the excess fat away.



Special delivery
Evolve's Skin Cocomo Body Cream (£14.99) is formulated with Omega 3, 6 and 9 to regenerate the skin, maintain elasticity and tackle dryness. Evolve founder, Laura Rudeo, used the product 'religiously' during her pregnancies to massage the 'three B's (belly, boobs and bum)' and loved the results.



Very much kneaded
Scholl's Rolling Shiatsu Massager (£29.99) improves the blood circulation to reduce cellulite and promote a glowing complexion.

ED'S CHOICE

Clean flush
Leading manufacturer Protexin Healthcare did their homework and devised a probiotic supplement with ladies in mind. Say hello to Bio-Kult Pro-Cyan (£14.95), the solution to preventing Urinary Tract Infections (UTIs). Each capsule contains vitamin A and cranberry extracts, which aids in maintaining a healthy immune system and urinary tract lining.



Silent mover
Emmi-dent's Ultrasonic Toothbrush (£94.95) cleverly uses ultrasound to clean the teeth, gums and those hard to reach areas in the mouth. This motionless toothbrush, coupled with its abrasion-free toothpaste, provides whiter and cleaner teeth with minimum movement, eliminating friction that damages the teeth's enamel.

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