

COME TO 2011

womanandhome.com

woman and home

FEBRUARY 2011 £3.60

REINVENT your look

clothes that fit
your life & shape
Get great hair
every day
the NEW fashion
 savvy advice

comfort food with
a healthy twist

THE NEW MIDWEEK MEALS

something NEW
REIGNITE
YOUR MARRIAGE

HOW
TO
GET

what you really want!

Good health Lose weight
 Take control of your finances... **YES!**

REAL ME: **PAMELA
STEPHENSON**

'I hate it when people tell
you how you *should* be'

*Lose half a stone
and that tum!*

THE NEW 30 DAY DIET

WALKING WORKOUTS

*Tone up and get
fit plus join us
on our Pink
Ribbonwalk*

INSTANT ENERGY

*7 little lifts
(plus 5 make-up tricks to
never look tired again)*

w&h
**DEALS
SPECIAL**
FASHION,
BEAUTY,
EATING OUT
& TRAVEL
SAVE OVER £100!
*SEE PAGE 174 FOR DETAILS



The warmth of wood

Invest in classic wooden pieces to create a natural warmth. We love the organic elements of bark in this lamp base and mirror surround. Team them with baskets to complete the look. *Mirror, £165; console, £875, both Oka. Lamp, £285, TMO Lighting. Photo frames, £29 each, Joanna Wood. Vase, £25; pom-pom cushion, £25; rug, £250, all M&S. Throw, £109, cushion on chair, £30, both Sheridan. Woven baskets, £39.99 each, Ikea. Chair, £197, Ercol at John Lewis. "Solitude" wallpaper, £23 per roll, Graham & Brown. "Pompom" carpet, £110 per sq m, Crucial Trading >>*

DECO TIP

Choose a wallpaper with a subtle natural element and then it won't date so quickly. Textures and soft shimmers will always look great

Bring nature indoors with beautiful wooden furniture and accessories in soft natural fibres and muted tones