

# SELF IMPROVEMENT

Whatever the season, if you want to improve and enhance your quality of living – a life detox could be just what you need. **Regina Motalib** highlights ways to give your life a much needed clear-out!

## FIND A FUN WAY TO MAKE EXTRA CASH



Beyond Chocolate

offers you the chance to stop dieting, lose weight and beat the credit crunch by training to become a Chocolate Fairy!

Described as the intelligent alternative to slimming clubs and fad diets, this programme is for women who are fed up with constantly worrying about their size and who are always trying to 'be good' by watching what and how much they eat. Founders Sophie and Audrey Boss, proclaim: "Dieting simply doesn't work. If it did we would follow one, lose weight, be happy... end of story."

Beyond Chocolate is based on ten simple principles that open the door to a completely new attitude to eating and body image. You can become your own weight loss 'guru', make money, enjoy food and lose weight along the way. In 2007, the sisters trained the first 'Chocolate Fairies' to run courses in London, Brighton, Bristol and Glasgow.

You can sample the course with a free five daye-course. Goto: [www.beyondchocolate.co.uk/freedownload0109.htm](http://www.beyondchocolate.co.uk/freedownload0109.htm)

**COST:**  
Beyond Chocolate Fairy Training Programme - £2500  
This includes the mini-retreat, all the training days and materials.

**BEYOND CHOCOLATE**  
Tel: +44 (0)844 800 1926  
Email: [fairies@beyondchocolate.co.uk](mailto:fairies@beyondchocolate.co.uk)  
[www.beyondchocolate.co.uk](http://www.beyondchocolate.co.uk)

## RE-TRAIN FOR A NEW CAREER AS A PROPERTY STYLE CONSULTANT.



Television's House Doctor Ann Maurice has set up her own Property Styling Network following the huge level of interest she received from the Channel 5 show.

"The Network was formed after homeowners started contacting Channel 5 and requesting my help in transforming their homes. As I couldn't personally meet the demand myself, the Network was launched, offering training programmes to people who wanted to practice home staging. Currently many of our students are running successful businesses and are based throughout the UK and beyond."

If you love interior design and are interested in considering a career in property styling, this step-by-step training programme will provide you with the tools to get you started on becoming a Network Consultant and launch your exciting new business.

This exciting course will give the relevant training and a listing on the Ann Maurice Property Styling Network website. As an Ann Maurice graduate you will also be able to use the Ann Maurice name and logo for your own marketing.

**COST:**  
Ann Maurice has offered Asian Woman Magazine readers the first step of the training for a special discounted rate of £370 (£40 off the usual rate). Included in the pack is the Introductory Property Presentation Distance Course DVD, a manual, paint chart and other materials necessary for this step.

**ANN MAURICE PROPERTY STYLING NETWORK**  
Tel: +44 (0)1442 419 778  
[www.hosedoctor.co.uk](http://www.hosedoctor.co.uk)

## BE A DIY QUEEN AND SELL TOMBOY TOOLS...

Training as a Tomboy Tools Consultant is all about power - power tools and ultimate girl power! This training programme is designed to give women the power to take control of their homes and their careers. It empowers women to tackle the DIY jobs they may have been too afraid to take on and make some cash at the same time.

If you love parties and girls nights in - this maybe your perfect career choice. As a Tomboy Tools Consultant, you will host Tool Parties; fun, informative events for small groups of friends. The pretty tools are also light and ergonomically designed.

Caroline Barnett-Phillips, CEO of Tomboy Tools believes DIY has been a closely-guarded secret for far too long: "At a Tomboy Tools party, a consultant demonstrates a repair or installation - then every woman in the room has the chance to give it a whirl. It's a bit like buying Tupperware, but with a thousand more practical uses... it's all about power!"

The complete starter kit includes all of the necessary tools to get your business off the ground. Business Materials such as brochures, leaflets, order forms and invitations are also included:

**COST:**  
This complete Starter Kit costs £99. Tomboy Tools will offer Asian Woman readers who sign up a free pink hammer. For your chance to win some great 'pink power' tools, email: [caroline@tomboytools.co.uk](mailto:caroline@tomboytools.co.uk). Please write 'Asian Woman Tool Competition' in the subject box.

**TOMBOY TOOLS**  
Tel: +44 (0)800 1313230  
Email: [caroline@tomboytools.co.uk](mailto:caroline@tomboytools.co.uk)  
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*“Nothing is more sexy than confidence.”  
– Lynne Franks*

### APPLY THE FEMININE APPROACH TO YOUR BUSINESS

If you run your own business and feel it could do with a fresh approach you may find by using a more feminine methodology may bring you greater results. SEED is an empowerment tool for the advancement of the 21st century woman and recognised as the authority on the feminine way to do business. Combining learning programmes, support network, events and unique tools, SEED enables women to live and work according to the feminine principles of community, connection and collaboration.

Founded by author and PR Guru Lynne Franks, SEED is based on her international best-seller (*The Seed Handbook. The feminine way to create business*).

SEED's development of distance learning projects incorporates SMS with both online and real-time workshops. Their learning programmes combine personal development and sustainable business practices in a creative, experiential environment. Programmes, coaching and workshops are held throughout the

country in partnership with regional and national government as well as with corporations.

Creator, Lynne Franks, says: "It's a very exciting time for women to start their business right now with all the changes going on in the world. Women are natural multi-taskers, relationship builders and trust their intuition. With the growth of the internet, new tools for flexible working and support websites like [www.seednetworkingforwomen.com](http://www.seednetworkingforwomen.com), we can make our own rules, create the life that works for us and work in a sustainable way with our community and our planet."

**COST:**  
SEED Experience Day with Lynne Franks - Early Bird Offer £145.00 inc VAT. Normally £195.00 inc VAT. Asian Woman readers will get a 10% discount by mentioning 'Asian Woman'. The first 20 readers will receive a 15% discount and a copy of her two bestsellers *Grow* and *The Seed handbook*.

**SEED**  
**PO BOX 1487**  
**Oxford OX4 9DR**  
**seedteam@seednetwork.com**  
**www.seednetwork.com**



### GO ON A GAP YEAR ADVENTURE

The Gap Year Guru is a great solution if you are stuck in a rut and want to take a career break. They are an expert consultation and advice service offering guidance, support and information for anyone planning a career break.

Through a combination of one to one meetings, workshops, questionnaires and practical advice, emotional support and tools. They also give consultation and travel advice. They help to make sure you can plan and book your career break with clarity and confidence.

The Gap Year Guru was started by Tessa Mills in 2006. She says: "Taking a Career Break can be one of the most

empowering, inspiring, and often life-changing, experiences you'll have," she says.

**COST:**  
Consultations cost between £55 - £190. This includes a special 20% discount for Asian Woman readers. Quote "Asian Woman" when booking.

**TESSA MILLS**  
**The Gap Year Guru**  
**Tel: +44 (0)207 193 8352**  
**Email: info@thegapyearguru.co.uk**  
**www.thegapyearguru.com**



### USE YOUR FREE TIME TO HELP OTHERS

Travel People and Places stand out in the market by using a different approach to volunteering - they specifically match volunteers to projects. They strive to be different by providing their volunteers with an experience which is both rewarding and enjoyable.

Their starting point for every project is the local community - they believe both the community's needs and those of the project are paramount. Equipped with a comprehensive understanding and respect for the community they are able to match volunteers to placements - from sewing to IT training, or creative play to accountancy, you can apply your professional, practical and life skills in Africa and Asia.

Your skills are taken into consideration before you are placed in a project; this will bring you a sense of achievement and the knowledge that the local communities actually benefit as much as possible from your time, expertise and money.

Travel People and Places ensure the programmes are sustainable and the volunteer placements are beneficial, not exploitative. You will know where and how your money is used and at least 80%

of volunteers' funds are spent in the host country.

**COST:**  
Costs vary. A trip to Nepal costs £1025 for 4 weeks based on half-board home stay. This includes half-board home stay, airport transfers, full local orientation, city tour, social event, weekend hike, local SIM card, project & placement liaison. Each additional week is £165.

**TRAVEL PEOPLE AND PLACES**  
**Tel +44 (0)8700 460 479**  
**kate@travel-peopleandplaces.co.uk**  
**www.travel-peopleandplaces.co.uk**



### HELP ANIMAL WELFARE

If you're an animal lover and want to dedicate some of your free time on wildlife and nature conservation, you can sign up to one of the RSPB's great projects. The Royal Society for the Protection of Birds offer hundreds of volunteering opportunities. The RSPB is Europe's largest conservation organisation working to safeguard wildlife.

One of the biggest challenges facing wildlife is climate change. The RSPB campaigns for green energy, reductions in carbon emissions and better protection for wildlife on land and in the oceans. RSPB staff work on a number of global campaigns, including efforts to save vultures across Asia, and the protection of valuable marshland in Poland.

They run more than two hundred nature reserves around the UK. The many volunteering opportunities on offer match various skills and interests - some are office based and others out on the reserves, where you can learn conservation skills. Some of these reserves offer residential volunteering.

**COST:**  
Supporters can pay what they can afford but monthly commitments range from £5 to £20. Full details on supporting our work can be found on our website, along with links to our online shop: [www.rspb.org.uk](http://www.rspb.org.uk)

**RSPB**  
**Tel +44 (0)1767 680 551**  
**www.rspb.org.uk**

## USE THE SCIENTIFIC APPROACH TO GET IN SHAPE



If you have tried every diet around from Cabbage Soup to Atkins and have still not reached your ideal weight, you could try the scientific way to lose weight! Sure Slim have used this method for the last 10 years and helped thousands of women lose weight fast and effectively.

The great thing about this programme is that it is not a fad diet. It is totally safe and a healthy, nutritious way to shed excess weight. This medical eating plan will correct your Glucose Metabolism by controlling the

hormones that control body weight. You can eat delicious food and lose the weight as long as you stick to a few simple rules.

After visiting a consultant and discussing your food likes/dislikes and goals, you are sent away for blood tests to test your full blood count, Lipids, Glucose, Liver functions, Kidney functions and Thyroids.

Once the results are back, a eating plan is devised for you. Sure Slim doctors analyse the findings of your blood tests before recommending which foods you should and should not eat - the programme is totally unique to you.

To ensure you stay on track and remain motivated, you will have weekly consultations with a Sure Slim consultant. You are treated like an individual and they also understand that you may occasionally succumb to temptation so you are also provided information on 'breaking the rules'. This diet doesn't compromise your lifestyle, you can still socialise with friends without putting your life on hold.

If none of the nationwide clinics are accessible to you - you can opt for the telephone support service. Your weekly sessions with a consultant will take place over the telephone and you will be sent all the information and tools you require.

Daryl Taylor, CEO SureSlim UK says: "SureSlim isn't like a normal diet. The eating plan is custom made to suit each client so they know that it's going to work for them. They can still go out and enjoy life while being on the diets.

**COST:**  
Consultations cost between £395 - £495.

**SURE SLIM**  
Tel: +44 (0)870 321 4014  
Email: info@sureslimuk.com  
www.sureslimuk.com



### DIET MOTIVATION from Lifecoach, Denise Valentine

Denise Valentine has been a life coach for several years and has extensive experience of the health and leisure industry. She is also the owner of SureSlim's Central London clinic in Wigmore Street.

- Make sure you are doing this for all the right reasons and most of all for you
- Life is not a dress rehearsal - this is the real thing so make every day count
- You must be prepared make some changes in your life
- If you look in the mirror and are happy with who is looking back at you, great! If not do something about it
- Keep away from people who try to belittle your ambitions - great people make you feel that you too can be great!
- There's only one thing more painful than carrying on - Giving up!

**DENISE VALENTINE**  
Tel: +44 (0)207 224 2898  
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www.denisevalentine.co.uk

### HIRE YOUR OWN CHEF TO COOK YOU HEALTHY MEALS!

If you have finally built up your self motivation to adopt a healthy eating plan but just don't have the time or energy to cook the meals you can always follow the celebrities and hire your own chef to cook and deliver the food to your door!

For the last six years, Jayne Ritchie, founder of Body Chef, has been helping thousands, including numerous celebrities to lose weight by delivering fresh food diet hampers direct to their doors. Although this sounds like a luxury only the rich and famous can indulge in, it is actually good value for money. Bodychef takes the drag out of losing weight by doing all the hard work for you. They take care of the researching, shopping, weighing, calorie counting, balancing and cooking so you can get on with your life and get healthy.

There are six delicious and unique food plans to choose from; the Premier plan, Vegetarian plan, Detox plan, Low GI plan, Super Foods plan and the brand new Flat Belly plan - all with the benefits of helping you to lose weight fast and stay healthy. There's also a weekday plan (The City Diet), available exclusively to those living within the M25. It provides all your food from Monday to Friday and is perfect for those wanting to do their own thing over the weekend.

Founder Jayne is very passionate about delivering an excellent service to her clients. She says: "Bodychef diets give you more time to do the things you enjoy. Just heat and eat the freshest food that we prepare and deliver direct to your door twice a week."

**COST:**  
Hampers: from £46.50 each. You would need two food hampers for 7 day week. City Diet Hampers (Inside M25 only): £73 - one hamper for 5 day week.

**BODY CHEF**  
Tel: +44 (0)800 7837083  
www.bodychef.com

### REMEMBER YOUR MULTI-VITAMINS!

Viridian is the leading ethical vitamin brand. Their wide range of vitamins, contain 100% active ingredients and are free from additives. As well as giving your body a healthy boost you will also be helping others as the company makes a charity donation with every purchase.



**HIGH FIVE MULTIVITAMIN**  
The 'High Five' refers to the higher level of Vitamin B5 found in this formula. B vitamin helps convert food into energy and is essential for the normal functioning of the adrenal glands.  
**COST:** 60 Capsules £12.65

**MULTIPHYTONUTRIENT COMPLEX CAPSULES**  
This two-a-day supplement is the ideal daily multivitamin for those with especially busy lifestyles who want to look and feel their best.

**COST:** 60 Capsules £22.40

**VIRIDIAN NUTRITION**  
Info@viridian-nutrition.com  
www.viridian-nutrition.com



DIPTI'S STORY: ON BODY CHEF

Dipti is a 29 year old Bio Chemist from Norwich. She used Body Chef to get to her ideal weight.

"When I moved to the UK, my lifestyle changed pace faster than I could have ever imagined. I found that I didn't have time to shop, prepare and cook food, which inevitably led to me eating regular takeaways and piling on the pounds. Erratic work hours meant I fell into this unhealthy eating pattern and couldn't see how I could improve my situation. Not only was I heavier, my fast food and takeaway meals also had a bad affect on my skin and hair!

"I heard about Body Chef and really liked the idea of someone else doing all the hard work for me! This complemented my lifestyle so I thought I'd give it a go. My husband commands a Merchant Navy ship and he's away for long periods of time, so I decided to start a Body Chef diet in one of the months he was away. The best thing about it was that my husband noticed a big difference when he got home."

"I'd lost almost 15lbs in my first month and I'd dropped a dress size from a tight 14 to a comfortable size 12 again. I felt so much better about myself and he even commented on my skin and hair looking better."

## BEAUTIFY FROM WITHIN

Colonic Hydrotherapy is a fast growing practice within the discipline of Complementary Medicine – glamourised by celebrities around the globe; it is the beauty treatment of the moment.

Colonic Hydrotherapy is an internal bath which helps cleanse the colon of poisons, gases, accumulated faecal matter and mucous deposits. As well as delivering an all over feel good factor, this treatment provides relief from many common conditions including bloating and constipation, toxic headaches, eczema, depression, painful haemorrhoids and skin problems.

The colon is cleansed by gently feeding purified water via a tube inserted in your rectum. The therapist will massage your stomach to soften stubborn waste. The painless procedure takes about an hour and an angled mirror even allows you to watch the progress!

Margie Finchell is based in Central London and regarded by many as the queen of colonics and has established one of the most successful clinics specialising in Colonic Hydrotherapy.

Margie Finchell says: "I'd think celebs are people who may be able to produce pearls and diamonds! But in my 22 years of practice I have only come across people who produce poo – so as far as I'm concerned there are no 'celebrities' only people!"

**COST:**  
From £70 per session

**MARGIE FINCHELL**  
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Tel: +44 (0)207 724 1291  
www.londoncolonics.net  
www.colonic-association.org

## GIVE YOUR SKIN SOME TLC

You don't have to fork out on an expensive spa trip to treat your skin to a 'spring clean'. With so many great products on the high street, you can indulge in a much needed skin detox from the comfort of your own bathroom....



### SPA WISDOM™ AFRICA SPA SALT SCRUB

This luxurious Body Salt Scrub effectively cleanses and exfoliates the skin. Salts gently revitalize dull skin and refine, leaving the skin soft and smooth.

**COST:** £13.70  
www.thebodyshop.com



### BRAZIL NUT BODY SCRUB

A luxuriously thick and creamy textured body scrub with evening primrose oil seeds and crushed walnut shells. The Brazil Nut Body scrub's sweet scent makes it nearly good enough to eat. Uses Community Trade brazil nut oil, organic sugar and soya oil.

**COST:** £12.20

www.thebodyshop.com



### BUFFY

Inspired by Brazilian beauties who pummel any dimply bits while reclining on the sandy beach at Ipanema, Lush's dynamic underwater massage bar, is a fantastic exfoliating skin conditioner that also boosts a sluggish circulation. The combination of rich oils and the exfoliating particles have a dual effect for instant results.

**COST:** £3.75

Tel: +44 (0)1202 668 545  
www.lush.co.uk

### GEO-PHYZZ BATH BALLISTIC

Hawaiian volcanic salt and coarse sea salt make for a deeply relaxing de-toxing soak. Contains Cypress oil, Seaweed absolute, Sandalwood oil and pine absolute to revitalise and refresh.

**COST:** £3.08

Tel: +44 (0)1202 668 545  
www.lush.co.uk

## HAVE A GIRLS-ONLY WORKOUT

If you find the idea of training in a conventional gym slightly daunting – you could benefit from a women only gym environment, set up for women who don't exercise!

Gymphobics is a chain of gyms designed just for women. The brainchild of competitive swimmer, Donna Hubbard, it was set up only five years ago and now boasts 50,000 members in over 40 towns and cities in the UK.

Donna devised Gymphobics 30 minute workout to make exercise easy and fun with the focus on weight loss and figure improvement. Beautiful feminine surroundings and no treadmills, weight machines or strenuous aerobics makes Gymphobics a very different option to a conventional gym and the results are evidence of its success.

Donna explains "We use a unique type of 'air machine' on our exercise circuit which women find easier to use than weights

or hydraulic equipment. It is just like pushing or pulling against a cushion of air. We design each ladies programme individually to match their goals and ability and we provide VIP attention and motivation on every visit."

The best thing about this chain is the level of care and attention you receive. You will be gently encouraged to take on the fitness programme designed just for you. The all-female staff are friendly and supportive while the men-free zone makes it more relaxed and fun. The gyms have a 'ladies night', so after your workout, you can socialise as well. Good friends ...and getting fit at the same time!



**COST:**  
Between £21 - £29

**GYMOPHOBICS**  
Tel: +44 (0)1785 227273  
Email: enquiries@gymphobics.co.uk  
www.gymphobics.co.uk

## JOG AND STEP YOUR WAY TO FITNESS... AT HOME!

If you love the idea of exercising in the comfort of your own home but fancy something a bit more challenging and interactive than a run of the mill fitness video – Nintendo's Wii Fit may be the perfectly addictive solution for you!

This is great for all fitness levels and once you get over the initial embarrassment of standing on a balance board and jogging at the same time – you will easily get hooked! As this programme is suitable for all abilities (and with over 40 fun and entertaining exercises), you can get all your friends and family to join in also.

Wii Fit comes with the Wii Balance Board, a wireless, pressure sensitive board that is placed on the floor in front of your television and console. The Wii Board registers your movement as you stand on it, with the personal trainer character on the screen mirroring your actions and giving you advice. Wii Fit is simple and straightforward for anyone to use.

Create your own profile and once your profile is set it is used to store and view information and

scores generated from your workouts, to easily monitor how you are progressing.

### Walk your way to fitness!

If you love walking, Nintendo's Walk With Me is the perfect way to inject fun and motivation to your daily stroll. This clever little gadget will count up your total daily steps. Pop it in your pocket or handbag and at the end of the day – just point the little pedometer at your DS console to download the data.

**COST:**  
Wii Fit - Estimated retail price of £69.99  
Walk With Me - Contact retailer for price

www.nintendo.com

