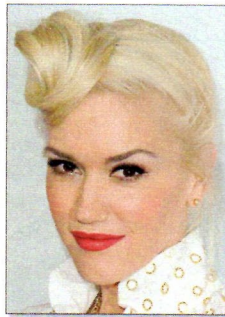


BODY TALK

By Yasmine Griffiths

THE BARE TRUTH

We don't know any women who haven't suffered from pesky ingrowing hairs at some point. But how to get rid of them? Beauty experts swear by exfoliation in the long term, but short term you can get rid of them with this new natty pair of



slant tweezers by Tweezerman, £27. Decorated with Gwen Stefani's Harajuku Lovers design, this limited edition is available from Harrods from March 1 and nationwide from April 1.

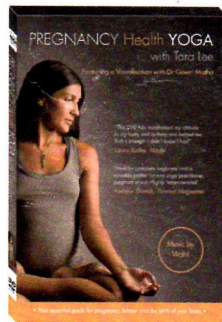


A VITAL TICKET

Interested in health and fitness? Then the **Vitality Show at Earls Court 2 on from March 22-25 should float your boat. Packed with interesting stalls offering a range of services including beauty, hair and exercise demos you'll leave inspired. Tickets start from £15 at www.vitalitylive.co.uk.**

FLEXIBLE FRIEND

Pregnant women are more flexible but they are also more prone to injury, so yoga can be the perfect exercise. Top yoga expert Tara Lee has a fantastic DVD - Pregnancy Health Yoga, £14.99 - for mamas-to-be who prefer to work out in the comfort of their home. Check it out at www.taraleeyoga.com.



ON THE SCENT

Here at OK! we are partial to a cocktail or two, although we do recognise that Margaritas are low on health benefits, however much we try and justify them! We now have a new solution that's better for our wellbeing - instead of drinking Mojitos we can smell them with Malin + Goetz's Mojito candle, £37, at uk.spacenk.com. Saves on both calories and guilt!

