

# Red

For the best things in life

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## 479 FASHION FIXES

GIVE YOUR WARDROBE  
A SPRING MAKEOVER

**FROM ESTATE  
AGENT TO HEALER**

'How I became an  
alternative therapist'

**WHY WE'RE  
FALLING FOR**

*Penélope Cruz*

**FABULOUS  
FACIALS**

WE'VE TRIED 26,  
ONE WILL BE  
RIGHT FOR YOU

**50  
HEALTH  
SECRETS**

DOCTORS TELL  
THEIR FRIENDS



**THE UGLY SIDE  
OF PLASTIC  
SURGERY TV**

**NEW! RED LIVING**

**KITCHEN  
SPECIAL**

EVERYTHING YOU NEED  
TO COOK LIKE A PRO

**THE ULTIMATE LOVE  
CELEBRITY MUMS  
ON THEIR  
DAUGHTERS**

FASHION \* SHOPPING \* BEAUTY \* TRAVEL \* HOMES

## WAITING TO INHALE

Professional athletes, bizarrely, deprive themselves of oxygen for short periods to increase fitness. Now you can try it at The Altitude Centre in London. Mountain Air Therapy involves inhaling thinner, high altitude-density air. With less oxygen, explain the organisers, you slow the breathing down, and when you stop, normal oxygen will take you much further than it used to. Call 0870 950 4479 for more information.



**HEALTH FACT** Two-thirds of new (heterosexual) HIV cases in the UK are women.