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Feel Fine

Feel Fine is our magazine on wellness and beauty, nutrition and health, and features two-minute reports looking at current international trends. **Feel Fine** showcases the latest findings on staying fit and healthy; it tells you all you need to know about skin and hair; it provides tips on what to eat, exercise and relaxation; and it reveals some of the best beauty tricks and ways to feel good about yourself.

Wellness is all the rage. **Feel Fine** is about taking time out and pampering your body, mind and soul.

A lexicon of wellness and beauty, **Feel Fine**, explains ideas about wellness and suggests how people can incorporate them into their lives.

Feel Fine has no presenter, so the reports can be used and combined as desired.

- 01 See and be Seen
- 02 Tai Chi, Yoga, Nordic Walking
- 03 Make up
- 04 Dental and Oral Health
- 05 Stress, Hypnosis, Sleeping Properly
- 06 Skin and Hair Care
- 07 Wrinkles, Scars, Cellulite
- 08 Relaxation with Massage
- 09 Natural Health Remedies
- 10 Eating Properly
- 11 Nutrition and Losing Weight
- 12 Everyday Fitness
- 13 A Healthy Child
- 14 Anti Aging Treatment