

**Brand New You** magazine  
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# meet the contributors

Meet this month's in-the-know features team...



**Sarah Dawson, lifestyle journalist**

As well as working for *Red* and *The Guardian Unlimited*, Sarah has also worked for *Living France*... Ooh la la! Speaking of travel, Sarah loves to spa hop around the world. Read Sarah's dreamy spa reviews on South African Spa Tribes on page 88. **Must-have beauty product:** When travelling, Sarah can't be without *Elizabeth Arden 8 Hour Cream*. 'It's so multi-purpose, I can take it any where and it does exactly what it says on the tin.'



**Rebecca Gooch, beauty writer**

Having worked for every women's magazine you can think of, Rebecca has interviewed Tom Cruise, John Travolta and Richard Gere, all within two days. 'One was nice, one charismatic and the other dull', but she's going to let you guess which is which! **Must-have beauty product:** Rebecca swears by *Athena 7 Minute Lift*. 'It actually made a difference in 7 minutes.' See what else Rebecca recommends in Beauty Sleep on page 34.



**Victoria Willis, lifestyle therapist**

A trained hypnotherapist, Victoria's Insights have appeared in several magazines and newspapers, but her proudest moment was opening her retreat *NuBeginnings*. 'Every week when my guests leave happier and healthier I know this was the right decision.' Turn to Mind Mentor on page 69 for Victoria's advice. **Must-have beauty product:** Victoria cannot live without *Rhodes to Heaven lipbalm*. 'I don't wear make-up often so it is my treat.'



**Ruth Kerrison, BNY promotions editor**

Since joining *BNY* as promotions editor, Ruth has proven her talents in multi-tasking. Whether testing the latest beauty must-have or hunting down hot giveaways for our readers, Ruth has proven a super-charged member of the team. Check out her work in this month's hero surgeon profile on page 124. **Must-have beauty product:** The latest addition to Ruth's beauty bag is *RevitaLash* – she loves it for overnight lash lengthening.



**Abi Weeds, organic living expert**

Often on TV screens as a Soil Association media spokesperson, Abi is also the Health & Beauty advisor for the *Organic Trade Group (OTG)*. This month she shows us how to be more eco friendly, with ethical recommendations for Go Green on page 71. **Must-have beauty product:** Sick of so-called 'organic' products, she started her own beauty brand *Essential Care* and uses its rose moisturiser religiously.



**Brand New You** magazine is published monthly by Merricks Media Ltd on behalf of LHD Media Ltd, 3-4 Riverside Court, Lower Bristol Road, Bath, BA2 3DZ. Tel: 01225 786 800. If you can't find **Brand New You** magazine in the shops call Mark Lefcove on 020 3148 3303. Subscription rates for 12 issues: Standard rate UK: £34.80, Euro and Europe: €65, USA: \$85, ROW: £105. Printed in the UK. St Ives, Plymouth. Cover: Roche, St Ives.