

Spa Secrets Sept/Oct issue sees launch of new frequency

Submitted by: APL Media (Absolute Publishing)

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September/October 2012 issue out now

NEW six-issue frequency begins

— interview with Christine Bleakley, great subs offer & a chance to win a spa break

See the 22-page ezine

www.spasecretsmagazine.com/sept12

For immediate release

(LONDON, UK) 10 September: The 172-page Sept/Oct issue of Spa Secrets – the first of a new six-issue frequency – is out now and is packed full of all the tips, products and features you'll need to see you through into the next season.

Katie Reich-Storer, editor, says: "The latest issue of Spa Secrets sees the launch of our new bi-monthly frequency, ensuring we keep our readers well-informed on a more regular basis. The modern woman's essential read for fashion, beauty and wellbeing is now an even more faithful companion. Make sure you get your fix!"

Inside this issue

- The Big Question: The changing nature of friendships – making, keeping and growing your friendships has never been easier... or harder.
- Beauty and Wellbeing features include – how to achieve the perfect complexion and a look at the bold lippys for this season. For those reminiscing about their summer holiday, the wellbeing feature looks at all the ocean-inspired treatments and products that are making a splash in the spa world.
- Travel: The ultimate spas in the Indian Ocean; how to combine a safari adventure with relaxing spa treatments; the best in Parisian spa chic; five of the best airport spas; and a whole lot more...
- Fashion: If you're looking to spice up your wardrobe this autumn, try mixing different textures for an edgier look. You'll find the latest coats, clutches, watches and swimwear packed into our fashion pages.
- Superb Subscription offer: Subscribe for only £10 and you could receive three Jemma Kidd products worth £40.

Competitions

- Win a three-night spa break for two to Costa Navarino, Greece staying at the Westin Resort in a Deluxe Room, with breakfast and spa treatments included.
- Win two three-day passes to the OM Yoga Show at London's Olympia plus two workshop tickets to Contemporary Dynamic Flow with David Olton. Twenty runners up will win two-day passes to the show. To enter, visit www.spasecretsmagazine.com/competitions.html

Regulars inside

- Trends: Tackling the latest fads from fashion to beauty and nutrition.
- The scene: What are the latest beauty, spa and salon innovations? We round up this season's best new products and update you on the latest news.
- And our usual round of spa and hotel reviews...
- Expert tips: Make-up artist Jemma Kidd picks out four key looks for this autumn.
- Interview: Christine Bleakley is frank about fiance Lampard and her Reebok workouts.
- Fitness & Health: From the latest exercise classes to try, foods to boost your brain power and autumn ingredients to add to your menu.

Take a sneak peak at the 22-page 'teaser' magazine at: www.spasecretsmagazine.com/sept12

For more information visit www.spasecretsmagazine.com

Note to the editors

- Subscribe to six issues of Spa Secrets magazine for £10 (+P&P for overseas readers) and you could receive free gifts worth £40.
- To subscribe call +44 (0) 20 7253 9909 or email your details to info@spasecretsmagazine.com
- For any editorial enquiries please contact the Editor, Katie Reich-Storer, at editor@spasecretsmagazine.com or +44 (0) 20 7253 9906.
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