

Ms Sonia Barrett
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Media
Easy Living

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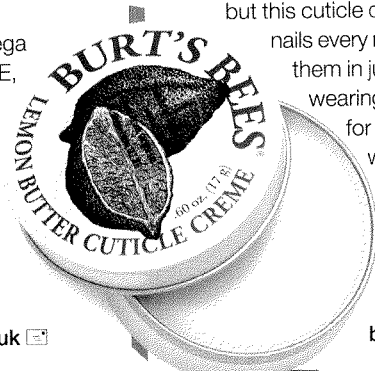
Q What makes your life easier?



GEMMA PAXTON, VIA EMAIL

"I would like to recommend rapeseed oil as a cooking oil. It has half the saturated fat of virgin olive oil and is an excellent source of omega 3, 6 and 9, and vitamin E, so I feel reassured I am helping towards providing my children with a healthy diet while boosting their brain power at the same time."

Oleifera Rapeseed Oil, £6.50. Visit oleifera.co.uk



BARBARA VANN, VIA EMAIL

"I would like to share a little miracle in a pot! I have suffered with weak, flaking and splitting nails for as long as I can remember, but this cuticle cream rubbed into my nails every night has transformed them in just a few weeks – I'm wearing bright red nail polish for the first time and, what's more, my husband loves the fresh smell."

Burt's Bees Lemon Butter Cuticle Creme, £4.95. Visit burtsbees.com

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ISSY FOSTER, LONDON

"This website really takes the agony out of finding a halfway decent fancy-dress costume for a themed party. I've now abandoned trawling the high street for two-bit costume clothes that I cobble together in an attempt to make me (and my children, too) look like a fairytale character/superhero/cowboy. Now it's over-the-top and fabulous all the way."



Try it for yourself at fancydress.com

KATI CULLAIGH, HOLMFIRTH

"I hate using plastic bags, so these are a great alternative. They are a really good handy size, and stuff into a tiny pouch about the size of a keyring which is brilliant. They also have a carabina clip so you can keep one with you all the time – I also have a couple stored in my car for when I need them. Made from parachute silk, they're strong, too."

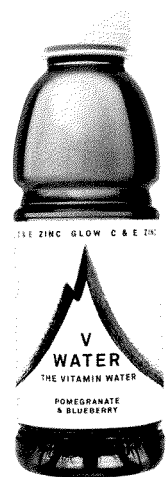
Onya Bag, £6.50.
 Visit onyabags.co.uk



REBECCA ROBINSON, LONDON

"This water with added vitamins has changed my life! It's perfect for when I'm on the go as it quenches my thirst while providing my daily vitamins and there's only 50 calories in a bottle. It's a great alternative to boring water."

V Water, £1.50.
 Available at **Eat, Boots, Waitrose, Fresh & Wild** and **Wholefoods**



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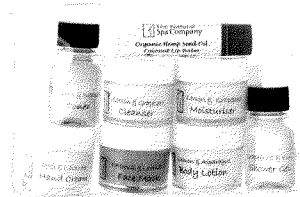
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YVONNE LUSCOMBE, VIA EMAIL

"The Natural Spa Company has an amazing travel kit. Their skincare is lovely – organic, vegan and concentrated, so good value for money. Plus, I had no trouble taking the bottles through airport security. It was fantastic to use on the plane, and after a long-haul flight, it was great to land feeling completely fresh."



Organic Travel Spa Kit, £8.99. Visit thenaturalspacompany.co.uk

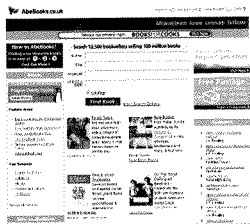
HETTY GRANDE, VIA EMAIL

"We've been planning on repainting our sitting room for some time now, but the thought of having lots of paint samples on the wall was putting us off. Then a friend told me about these peelable paint patches. You get nine in a pack, so I've been able to try lots of different colour schemes and just peel them off if I don't like them – no messy paint patches – phenomenal!"



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paint.com](http://johnstonespaint.com)**

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