

Holiday reading

WIN
a day
spa for
two

To celebrate the launch of *Never Mind the Botox*, we have teamed up with Spabreaks.com to offer one lucky Daily Mail reader a spa day for two. Choose from over 300 locations across the UK. The first 25 runners-up will get a free copy of *Never Mind the Botox*.

10 fiction titles



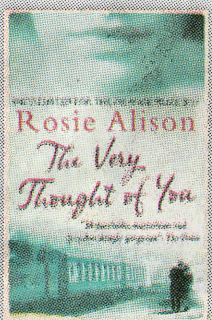
SAVE £2 off RRP

The Maid
PC: BER6219
£10.99



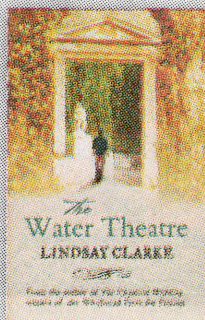
SAVE £1 off RRP

Love in a Warm Climate
PC: BER4741
£6.99



SAVE £1 off RRP

The Very Thought of You
PC: BER4154
£6.99



SAVE £1 off RRP

The Water Theatre
PC: BER6289
£6.99

Never Mind The Botox

Thinking about Botox?

Most people have Botox to look and feel better. But with the average cost topping £1,000 a year, there are plenty of things to think about before succumbing to a lifetime of injections. Penny Avis and Joanna Berry, co-authors of the fabulous new contemporary women's fiction series *Never Mind the Botox*, offer their thoughts.

Airbrush yourself

Photo-editing software is everywhere. Get a close-up photo of your smiling face and slowly airbrush your lines away. It will soon teach you what you want, or, more importantly, what you don't want. Tiny changes can quickly make you look very odd indeed.

Katie Price or Yasmin Le Bon?

What type of look do you want? Totally smooth or just slightly more youthful? Quality clinics will offer a free consultation. Take some photos with you, ask them what is achievable and what it will cost.

The law of unintended consequences

There are claims that when your usual muscles can't move, wrinkles can appear somewhere else instead, such as down the side of your face. Make sure you discuss all the risks before going ahead.

Grandma knows best

In the good old days, women used to get their hair done every week. You could have a wash and blow-dry every Friday and still spend less in a year than you would on Botox. Result.

Spoil yourself

Book a spa day once a month instead. Rejuvenate, relax and experiment with new treatments. If that doesn't make you feel better, we'll eat our dressing gowns.

Face lift at fifty

Save £1,000 a year and after five years you would have enough to have a face lift instead, which might end up being a better long-term investment. Worth a thought?

Credit crunch planning

Botox is for life, not just for Christmas. What happens if you can't afford it anymore? Perhaps you buy a new house or get made redundant. Are you prepared to drift back to how you used to look, only older?

To enter sign up to the MailLife newsletter. Visit www.MailLife.co.uk/newsletter for full details of the competition



Never Mind the Botox
PC: BER6304 £6.49

