

BEST VALUE! ONLY £2.90

essentials

**70 STYLISH
INSIDER
SECRETS**

Get in the know and on trend – about everything!

**Looking good...
5 MINUTE MAKE-UP CLASS
+ BEST BEAUTY TREATS**

Your treat!

**FREE
THORNTONS
FUDGE**

Just pick it up in store!

READER COVER STAR
'If you've got a dream, just go for it!'
HELEN, MIDDLESBROUGH

How to do the **new glamour**

- ✓ Chicest coats for every shape
- ✓ Luxe looks, faux fur & sparkle!
- ✓ New-style boots from just £19.50

**Tuck in,
get slim**
Yes! It's the carb-lovers diet

Get ahead special!

FAB FOOD & EASY CHRISTMAS IDEAS

NEW!
44 fast recipes to try



WOW!
Delish cakes & bakes



CHIC!
Magical festive crafts



PLUS Your lust-have present guide!

**£40,000 CASH
TO BE WON!**

WOW!

Every day is a freebie day. That's one new treat opening every day – for a month!

31 days of giveaways



1 OCTOBER

One winner will receive a set of Nivea Q10 anti-ageing day and night cream. Call* 0901 553 2320 Text** ESSOCT1



2 OCTOBER

Win a £50 voucher to spend on stylish, timeless and affordable clothes at Fever. Call* 0901 553 2321 Text** ESSOCT2



3 OCTOBER

Win a Sarah Chapman Skinesis set with serums and a facial tool to firm your skin. Call* 0901 553 2322 Text** ESSOCT3



4 OCTOBER

Push up your sofa with this Butterfly Garden cushion from Laura Olivia. Call* 0901 553 2323 Text** ESSOCT4



5 OCTOBER

Win this new Cloud 9 Wand and create fab styles without scorching your hair. Call* 0901 553 2324 Text** ESSOCT5



6 OCTOBER

One lucky winner will receive these chic ceramic espresso cups from Pedlars. Call* 0901 553 2325 Text** ESSOCT6



7 OCTOBER

Win a set of ultra-zesty Bliss Lemon + Sage Body Scrub and rich Body Butter. Call* 0901 553 2326 Text** ESSOCT7



8 OCTOBER

You could win one of these screen-printed shoppers from Alphabet Bags. Call* 0901 553 2327 Text** ESSOCT8



9 OCTOBER

This chic pair of Naples leather boots from Jones Bootmakers could be yours! Call* 0901 553 2328 Text** ESSOCT9



10 OCTOBER

Keep everything tidy in a personalised apple crate from plantabox.co.uk. Call* 0901 553 2329 Text** ESSOCT10



11 OCTOBER

Fancy going to the Clothes Show Live (clotheshowlive.com)? It's on 2-7 Dec. Call* 0901 553 2330 Text** ESSOCT11



12 OCTOBER

Win this Hyaluron trio from Eucerin and bid farewell to those fine lines! Call* 0901 553 2331 Text** ESSOCT12



13 OCTOBER

This prize will give you a taste of history at The Treasure Houses of England****. Call* 0901 553 2332 Text** ESSOCT13



14 OCTOBER

Say 'cheers' with these personalised flutes from gettingpersonal.co.uk. Call* 0901 553 2333 Text** ESSOCT14



15 OCTOBER

This Max Benjamin candle and diffuser smells delicious and you can win it! Call* 0901 553 2334 Text** ESSOCT15



16 OCTOBER

Soft, supple skin will be yours for a whole year with Jergens' fab body lotions. Call* 0901 553 2335 Text** ESSOCT16

To enter by post, write the date of the prize you wish to win on a postcard, plus your name, address and postcode (one prize per postcard) and send to: essentials 31 Days of Wins/November 2011, 7th Floor, Blue Fin Building, Southwark Street, London SE1 0SU. *BT calls cost 50p per min and last about two mins – costs from other networks may vary. **Texts cost £1 each, plus network charges. SP: Telecom Express, 0870 880 4869. When you enter by text, you may in future get SMS marketing messages from IPC Media and essentials: if you don't want to, please end your text with No Info. Terms & conditions Normal IPC rules apply. Competition details form part of these terms and conditions. Entry is open to residents of the UK except employees (and their families) of IPC Media, its printers and agents, and competition sponsors. The winners (and companions, where relevant) must be aged 18 or over, unless otherwise stated. Proof of identity and age may be required. Use of a false name or address will result in disqualification. No responsibility can be accepted for entries lost or delayed in the post. Prizes are as stated and not transferable; no cash alternatives will be offered. Prizes are subject to availability. The promoters reserve the right to amend or