

# new Body

BODY TABOOS, STEP-BY-STEP SURGERY, THE MALE NIP/TUCK

## This month...

When we think of detoxing, we usually picture gruelling exercise regimes and dull diets. Now there's a new way to detox and the best part is you won't even know you're doing it! Nightly Detox patches (£26.95; [nightlydetox.com](http://nightlydetox.com)) are a new product you place on the bottom of your feet before going to sleep. They then work through the night at encouraging your body to detoxify. Wearing socks over the top will help them speed up your circulation.

