



**3** OF THE BEST *healthy buys*

✚ **Mendor Discreet** is the first monitoring device that can check glucose levels of diabetics quickly and discreetly. Designed to look like a smartphone, it can be used anywhere. From diabetes specialists. For more info see [mendordiscreet.co.uk](http://mendordiscreet.co.uk).



✚ **BE gLOVE**, a breast self-examination glove clinically proven to be as effective as mammography screening. The ultra-thin polyurethane pocket reduces friction between skin and fingers, allowing even small lumps to be detected. £24.95, [be-glove.com](http://be-glove.com).



✚ **Kalme Undercoat** stops skin reactions to fragrances and scented beauty products as it contains Skinasensyl, which reduces nerve responses. Apply 15 minutes before you spray fragrance. £9.95 for 75ml, [skinshop.co.uk](http://skinshop.co.uk).

