

Festive homes

Everything you need to have a comfortable Christmas

RISE AND SHINE WITH LUMIE BODYCLOCK

If you can start your day feeling refreshed and full of energy, anything seems possible. The way we wake in the morning is just as important as how much sleep we've had and waking with light is scientifically proven to increase energy levels, improve our mood and heighten our sense of well-being.

Lumie Bodyclocks simulate the setting and rising of the sun - naturally balancing our sleep and wake cycle - so as soon as you rise, you feel like you'll be able to shine all through the day ahead.

For more details or information about a 30 day trial, call 01954 780500 or visit www.lumie.com.



TURN ANY ROOM INTO A COMFORTABLE AEROBED® ROOM THIS CHRISTMAS

This Christmas there is no need to subject your guests to an uncomfortable night on the sofa, thanks to the ultimate spare bed solution.

The AeroBed® is a self-inflating, luxury airbed that uses the latest comfort-enhancing technology to guarantee a great night's sleep. The AeroBed® plugs in and effortlessly inflates at the touch of a button in as little as 60 seconds. Once finished, roll it up and store it in the compact duffel bag provided.

It's perfect for unexpected visitors and you could even take it out with you for any last minute stopovers.

The beds come in either mattress or full bed height and in single, double or king size. Prices from £49.99 and stockists include John Lewis, Selfridges, Dreams and Argos.

www.aerobed.co.uk

OVEN CLEANING... WHY D.I.Y.?



How often do you get around to cleaning your oven? It's a messy job, but one that's easy to hand over to the professionals at Ovensu. Ovensu provides a professional oven valeting service directly from more than 100 franchised branches throughout the UK. Grease, fat and even stubborn carbon deposits are safely removed from all types of ovens, ranges, hobs, extractors and microwaves with amazing results. So why wait until you can face the task yourself? Contact your local Ovensu technician today for a free quotation or appointment. Simply call 0870 880 1222 or visit ovensu.co.uk. Franchises Available.

SO WHY DO I NEED A SHOWER SQUEEGEE?

Well, it's that time of year again when the pressure's on to find the 'Perfect Christmas Gift'. We all want the presents we send to be cool, fun, and useful. I have a suggestion... give your friends something that will help solve an



annoying problem that virtually everyone has... a shower area or wetroom that they can't keep clean! This gift will eliminate unsightly, and unhygienic water marks on glass shower doors and tiles forever, and could be the most appreciated gift you'll ever send.

A Cleret Elite Squeegee is only £15.99 plus p&p.

Buy online at www.cleret.co.uk or call 020 7870 1061.