

Om giveaways



Yogastickmen Cards – The ‘Flow’ Range

Reach out to someone, send them some love and put a smile on their face...this is what the Yogastickmen cards and gifts have been designed to do. Blank inside for your own message.

£3.00 each | yogastickmen.com

Enter online at ommagazine.com/flowcard



Perfect Vascular Natural

Pharmaceutical-grade alternative, Perfect Vascular Natural All in One, has shown in clinical use to lower cholesterol in line with prescription medication, with no side effects. Endorsed by leading heart specialists, Perfect Vascular Natural All in One is a patent-approved combination of 3 all-natural ingredients including Red Yeast Rice, plant sterols and Co Q10.

£33 for one month's supply | vascularnatural.co.uk

Enter online at ommagazine.com/vascular

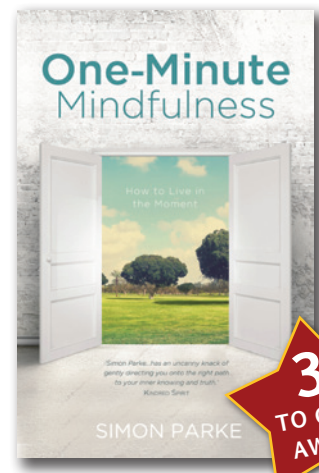


One Minute Mindfulness by Simon Parke

In One-Minute Mindfulness, Simon Parke uses stories and simple thoughts to help us see through clear eyes how we can return to the present moment and remain there. This subtle change can be startlingly healing, bringing peace into every area of our lives, allowing us to live freely and fully, and to honour what is true for each of us.

£8.99 | hayhouse.co.uk

Enter online at ommagazine.com/mindfulness



Madal Bal Natural Tree Syrup

Sold in over 30 countries worldwide and boasting a hotlist of celeb fans including Beyonce, Naomi Campbell and Anna Friel, the Lemon Detox formula is made up of nutrient-rich Madal Bal Tree syrup, fresh lemons, cayenne pepper and water.

£42.99 for 1 litre | lemondetox.com

Enter online at ommagazine.com/lemondetox



Kenko Kitchen by Kate Bradley

Kate Bradley's passion for delicious plant-based cooking is defined by the Japanese word for health – Kenko. In Kenko kitchen, she shares her best-loved sugar-free, gluten-free and vegan recipes for a nourishing life. Plus beautiful photography throughout by Elisa Watson.

£20 | published by Hardie Grant hardiegrant.co.uk

Enter online at ommagazine.com/keno

