

The HOT List

THE LATEST BEAUTY AND FASHION NEWS
compiled by **NICOLE MOWBRAY**



JUST A STROKE OF GENIUS. PERIOD

Period-proof knickers have been a thing for a while now so it's only natural that swimwear would follow. Step forward ModiBodi, whose secret 'modifier' technology is only 3mm thick but holds up to 1.5 tampons' worth of fluid. Perfect for the pool.

£72.50, modibodi.co.uk



A SEED YOU'LL GROW TO LIKE

We've tried lots of probiotics (and prebiotics) but none have proved as good at banishing IBS as these ones from Seed. Containing trillions of bacteria, they should be taken an hour before any meal containing fibre (or at night before bed if that's easier).

seed.com



BAG YOURSELF SOME FRUIT

We've had woven bags aplenty this summer already but make room in your hearts for this juicy offering from Apaya. Sharp indeed. £135, apaya.org

STYLE // WELLBEING // CELEBRITY TRENDS

BOOZE-FREE IS JUST THE TONIC

The days when alcohol-free drinks were boring are over thanks to Caleno, a booze-free, tropical-tasting 'spirit' made from juniper and spice. It's also sugar-free. Serve with tonic and ice. Truly scrumptious.

£24.99, calenodrinks.com



MAKING A PIT STOP

It's sweaty out there, which is good because it means you can put Aurelia Probiotic's citrus botanical cream deodorant to the test. Expect fresh pits all day.

£18, aureliaskincare.com



JUST THE JOB FOR SOLOISTS

There's been an increase in freelancing and if you're looking for a bit of solo-working inspiration, look no further than Freelance Feels, an online platform that lifts the lid on self-employment.

freelancefeels.com and [@freelance_feels](https://twitter.com/freelance_feels)

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