

New African WOMAN

£3 Issue 23

2014
**HEALTH &
FITNESS
SPECIAL**

Step-by-Step
guide to
perfect abs

Get to the
BOTTOMLINE
of that waistline:
Top 10 Tips

Every
woman's
ultimate
**JUICE
DIET**

**HAIR &
BEAUTY
DETOX**

**HEAD
TO TOE**
and everything
in between

'Tis the season
to be merry
& bright with
Nollywood
royalty

KEEPING UP WITH
OMIO
SEXY

UK £3.00, USA \$4, Canada \$4.50, Euro Zone €4.50, CFA Zone F, CFA 2000, Ethiopia R 50, Egypt E£ 20,
Gambia Da 100, Ghana GH¢ 6.00, Kenya KShs 300, Jamaica \$550, Liberia US\$ 3.00, Mauritius MR 150,
Nigeria N 400, Norway NOK 50, Sierra Leone LE 15,000, South Africa R30, Sweden SKr 33, Switzerland Sfr
5.00, Tanzania TShs 5,400, Uganda Ush 8,700, Zambia ZMK 16.



9 771758 838023