



Win with BALANCE

MURAD RETINOL NIGHT CREAM, WORTH £70

100 *Balance* readers will win an intensely nourishing Murad Retinol Night Cream (50ml), worth £70, that promises to deliver transformative results to visibly minimise lines and wrinkles and smooth skin's texture



HOW TO ENTER

For your chance to win, head to balance.media/competitions and enter your name and email address



£500 TO SPEND AT THE AFFORDABLE ART FAIR, PRIVATE VIEW TICKETS AND A BOTTLE OF NYETIMBER

One reader has an exclusive chance to win £500 worth of Affordable Art Fair art vouchers (to spend at the fair or online), a pair of Private View tickets and a bottle of Nyetimber English sparkling wine



ONE OF TWO HUGE BUNDLES OF RENEW LIFE PROBIOTICS, WORTH OVER £270

Two readers will have the chance to give their good bacteria a boost with the help of Renew Life, who is offering a huge bundle of probiotics worth over £270, including a Microbiome home test



A PLACE ON A MINDFULNESS-BASED COACHING RETREAT AT CHAMPNEYS IN MAY, WORTH £736

One reader can Re-set, Re-focus and Re-energise on the Frankly Coaching 3-day Retreat at Eastwell Manor, Ashford. Enjoy relaxation activities, healthy meals, vinyasa flow yoga and group coaching sessions **B**

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