

The Sunday Telegraph

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body+¹soul

A PERFECT DAY OF HEALTH

From cardio to catnapping, timing is everything.
Here's how to order your day according to science



SPRITZ THE BOWL
BEFORE
-You-
GO
and no one else
WILL EVER KNOW!



STOP
BATHROOM
ODOUR
before
IT BEGINS

HOW IT *works:*



Spritz 3-5
sprays into the
toilet bowl on
the water's
surface.



The essential oils
create a barrier,
trapping odour
under the surface.



Watch our video at [youtube.com/poo](https://www.youtube.com/poo)
"Girls Don't Poop"

135+ MILLION VIEWS
...and counting!

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