

For all the women you are

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FEMINA

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MW04100908

Sex, intimacy
and what
you might be
missing

**BREAKING
BARRIERS
IN SPORT**

**India's only
Ironman is
a woman!**

**YOU'LL WANT
TO SAVE UP FOR
THESE ROCKS**

Spicing it up,
Ceylon style

**CAUTION: LEAVES NO
ROOM FOR DESSERT!**

**WHAT'S THE
BIG IDEA?**

**Fire tech
support, do your
own updates**

**GISELLI
MONTEIRO**

On plastic surgery,
bulimia and
other job hazards

Ultimate wishlist:

Jewellery

The Trinity ring, the Happy Diamonds watch,
Coco's single strand of pearls...
meet the celebrities of the jewel case