

WEDDING SIZE 16+ SUPER HIT

tags: **for women, woman, life stories, love, relations**

genre: **relationship, beauty and health**

seasons	min	episodes	year
1 season	48	20	2015
2 season	48	20	2016

About

Reality show about family weight loss releases its 2nd season! The participants are the family couples that amassed dozens of kilos during their family lives. To help the participants to get closer to their goal the dream team of singer Anita Tsoi, fitness expert Edward Kanevskiy and dietitian Ksenia Selezneva will join their efforts. So how much weighs the true love?

Beauty angels 16+

tags: **for women, beauty and health, fashion and style, lifestyle, makeover**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	24	20	2014

About

Charming TV-host Avrora, designer Constantine Gaiday and a whole team of stylists will teach the participants of the show to find time for themselves in between their job and household routines. Our dream team will help them dress with elegance and admire their mirror reflection again. True stories, life hacks and tips and the most amazing make-overs of desperate people.

BEAUTY DEMANDS! 16+

tags: **beauty and health, fashion and style, lifestyle, makeover**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
Promo			
1 season	49	13	2011
2 season	49	33	2012
3 season	49	7	2013

About

Women always want to charm, catch men's admiring looks and just feel pretty! But sometimes your ideas of the beauty differ wildly from the public opinion. The stylist and designer Timur Guchkayev, hosting the show *Beauty Demands!*, will give tips how to turn into a lively, stunning and confident woman hands down. He will teach you how to improve your figure with the help of underwear and clothes, how to match colours, textures and shapes to make killing looks. The show *Beauty Demands!* will prove that being beautiful is simple! Clothes can change you: hide minuses and stress plusses. Changes, taking place with the project participants, serve an excellent impetus for the women's audience to change themselves and start

BEAUTY JURY 16+

tags: **for women, fashion and style, psychology, style**

genre: **beauty and health**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	49	20	2014
2 season	49	20	2015

About

A fashion show changing your life for the better! Ruthless critics, an experienced psychologist, a miraculous stylist and a top-notch host Evelina Blyodans have all gathered in a fashion show. Beauty Jury will pull you out of any depression, make you put yourself into perspective, freak out and leave all your uncertainties and worries behind to start a new life as a beauty! Nine critics will judge a participant and send her to fashion corrective work. Gorgeous Evelina Blyodans knows how to look to get in spotlight and delight everyone around. The actress, singer and TV host has no rivals in creating glamorous eye-catching images; she will head the fashion trial and inspire the participants to make great changes for the better! At the end of the show the nine jury will judge the participant once again and give their new ver

MY OWN TRUTH 16+

tags: **for women, psychology, family**

genre: **beauty and health**

seasons	min	episodes	year
1 season	49	16	2010

About

People get in lots of tricky situations, especially women. Their primary mission is to have families and children. However, today this notion has significantly transformed. Lots of women find it more exciting to make careers than to have children. When they turn forty, they realize that they have nothing but work, so they often risk and try to have babies. The documentary series *My Own Truth* reveals the secrets of late maternity and helps women overcome divorces and learn about unequal marriages. *My Own Truth* will answer all the questions teasing women! Can you have a baby at forty? Will your baby be healthy? Does such pregnancy have risk for mother's health? What it's like being a single mother, because lots of women have babies without getting married? Does your baby need a father, even if he's a step-father? Is it difficult for you to find a decent man or do you believe, that your family needs no man? Pretty well-off women become single mothers, though they have lots of admirers. Aren't they abl

SUMMER FRESH 16+

tags: **healthy lifestyle, beauty and health, fashion and style, lifestyle, hobby**
genre: **home and decor, beauty and health, Fashion & Style**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	24	20	2014

About

SUMMER FRESH How can you get pretty, healthy and classy? What should you eat in summer that is easy to cook and safe for your figure? How can you make grass in your garden look greener? Watch four rubrics, four hosts and get heaps of handy tips for all occasions just for thirty minutes! You will find out how to use summer to advantage from a slender pretty Energy radio DJ Yekaterina Lopareva, a fashionable singer from 5sts Family band Yulianna Karaulova, one of the best-known Moscow pastry chefs Mikhail Murzin and Domashniy TV channel star Yevgeniy Rybov. Each episode covers a new topic: sea breeze, summer rain, chamomile, apples, heat, violets and other things linked to summer. The hosts will share their secrets and tips on these subjects How can you stay fit and healthy? Yekaterina Lopareva, hosting Beauty and Health rubric, will show you effective muscle-building exercises to keep fit, share her secrets of useful face masks and other beauty recipes. How can you cook quick, tasty

THE SECRETS OF YOUR BODY

16+

tags: **healthy lifestyle, body, person**

genre: **documentary, beauty and health**

seasons	min	episodes	year
1 season	24	12	2012-2013

About

A human being is a surprising creature. Every cell in our body, its every organ is an entire universe. But how well do we know our body? It seems that we all have two arms, two legs, a head and internal organs. But it is not that simple! Our body also has its deep secrets, and through the series, you will learn its signals and establish a healthy communication with it.

VICTIMLESS BEAUTY 16+

tags: **beauty and health, investigations**

genre: **documentary, beauty and health**

seasons	min	episodes	year
1 season	49	24	2013

About

There are heaps of beauty products promising to solve any problem, but, in fact, most of them is waste of money. How to understand that you're being cheated? How to learn to identify beauty frauds? How to protect one's rights? *Victimless Beauty* is a practical guide in the fight against fraud. Experts conduct tests in independent laboratories and then show all the pluses and minuses of a certain product, give information about its side effects and counter indications. Sometimes test results turn unexpected both for producers and consumers. The guinea pigs of the show include the project's journalists and such stars as Masha Malinovskaya, Taisia Povaliy, Nikolay Baskov, Yulia Mikhailchuk, Victoria Lopyreva, Dmitriy Malikov, Vlad Lisovets, Svetlana Surganova, Marina Khlebnikova, Lena Lenina, Alla Dukhova and

