

# NATURAL HEALTH

REFLEXOLOGY | NUTRITIONAL THERAPY | HOMEOPATHY | AROMATHERAPY | SHIATSU

\* Soul Meditations \* Tai Chi Moves \* Healing Foods

## Get Happy

15 pages of rejuvenating spring rituals for you to try

# 237

### WAYS TO ACHIEVE LASTING SERENITY

## "I lost 6 stone with yoga"

The holistic therapies that will change YOUR life

## Want to be a therapist?

Do it TODAY with our expert guide to career success

### INSIDE!

- \* 5-minute DIY energy boosters
- \* The amazing cure for ME
- \* Teach yourself flower healing

**Revealed!**  
The miracle supplement that turns back time  
see page 21

# Be radiant

**HOLISTIC BEAUTY**

Get glowing skin with home spa remedies



**KARMIC SOLUTIONS: BAREFOOT DOCTOR ON DEALING WITH REJECTION**





## Treatment of the month... Non-Surgical Face Lift

Being slapped rapidly across the face isn't everyone's idea of fun but, believe me, if you manage to wangle an appointment with Alexandra Several then you'll be begging for more. Her bespoke lifting facial focuses on the main muscles that lose elasticity as you age. Using her own hand blended oils and serums, Alexandra uses a mixture of light pinching and vigorous tapping (slapping is probably too robust a word for it!) to release the constrictions within these muscles and connective tissues to give an instant lifting effect. This is teamed with a combination of deep tissue and lymphatic drainage massage techniques to flush out toxins and bring oxygenated blood to the skin surface. The results are mightily impressive – muscles are lifted, the complexion is rejuvenated and you'll look and feel on top form. Highly recommended. **EVH**

A consultation plus one hour treatment costs £140 at *Lost in Beauty*, London NW1. Call 020 7586 4411 or go to [lostinbeauty.com](http://lostinbeauty.com)

“Roses contain the natural pigment anthocyanin, which strengthens the capillaries in the skin.”

### Bharti says...

“Spots occur when you have toxic build-up. Help your digestive system along by massaging the large intestine 11 pressure point on the crease of your bent elbow.”



Bharti Vyas is one of the UK's leading holistic beauty therapists and ayurvedic experts

### WILD ABOUT ROSES

It's been hard not to like *He's Just Not That Into You* star Ginnifer Goodwin ever since she hit our screens as the naive yet loveable Connie Baker in *Mona Lisa Smile* in 2003. But it's even harder now that Ginnifer has revealed her clever green side by admitting her love for an NH favourite: “My signature scent? It's Weleda's Wild Rose Body Oil,” she said, “It's sexy, musky and subtle.” Well, he may not be that into you Ginnifer but we certainly are!



### Here's a hair treatment Catherine Zeta Jones made earlier...

We've decided to take a tippie from CZJ's book and smother our hair in a beer treatment. It may sound unusual but protein from the malt and hops found in beer will make your hair bouncy, shiny and full of body. Simply boil three quarters of a cup of beer, allow it to cool, and add one cup of inexpensive shampoo. Catherine, who recently admitted to washing her locks in a honey and beer mixture, said: “I smell like the bottom of a beer barrel for days afterwards but it's very good for the hair.” We bet Michael loves it!

## Q&A

### THE BEAUTY AND THE BRAIN DOCTORS



Our stateside agony aunts Dr Debra Luftman and Dr Eva Ritvo answer your beauty dilemmas

**Q** It's no longer winter but I have cold hands. Is it something serious? I live in gloves and always run my hands under warm water. What else can I do?

**A** Cold hands are often caused by poor circulation but can also be caused by a range of things from Raynaud's disease to repetitive stress injury. For women, smoking can restrict circulation in the blood vessels. Stress, which sends blood to the internal organs and away from the extremities, can also cause coldness. But the first thing you should do is see your physician to make sure there isn't a more serious problem. Beyond that, here are some suggestions for making yourself more comfortable: don't smoke as it damages circulation; avoid caffeine, which reduces blood flow; get more exercise, which increases circulation. An iron deficiency can also cause coldness, but have tests to confirm this. If you are iron-deficient, eating more iron-rich foods such as fish, green leafy vegetables and lentils can help normalise your iron level. You can also try taking omega 3 supplements.

For further info read *The Beauty Prescription – the complete formula for looking and feeling beautiful* (£13.99, McGraw-Hill) or visit [thebeautyprescription.com](http://thebeautyprescription.com)