

# NATURAL HEALTH

REIKI \* HOMEOPATHY \* YOGA \* SHIATSU \* FLOWER REMEDIES \* AROMATHERAPY

## Relax

CALMING MEDITATIONS to banish festive stress

- HEALING LIGHT
- VISUALISATIONS
- AFFIRMATIONS

Uplifting rituals to boost your happy vibes

## Mend Your Broken Heart

6 complementary therapies to get over him **FAST!**

**YOUR HOLISTIC CHRISTMAS**

# MIRACLE WORKERS

Natural rescue remedies from the UK's top health & beauty gurus

**WIN!**  
A DETOX BREAK  
WORTH OVER  
£1,000

**DEEPAK CHOPRA**  
On nurturing your soul

**DR WEIL**  
On memory boosting

What's your yoga type?  
Discover your perfect practice

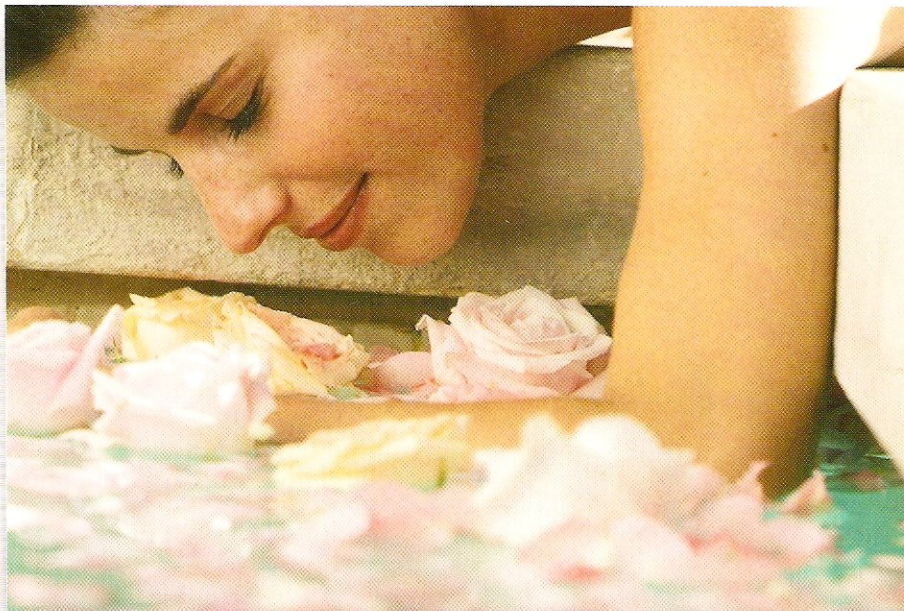


**89**

SELF HELP TIPS AND THERAPIES FOR YOU TO TRY

**THERAPY FILE:** Supercharge your health with healing reflexology





## Treatment of the month... Yon-Ka Phyto-Fermetè lifting and firming massage

So you're thinking of having a massage? Do you opt for relaxing, energising, toning or moisturising? Here's a tip, if you have this massage you can have it all!

I sidled up to Body Vie Medi Clinic in Richmond to try the massage, and was impressed by the attention to detail made by my therapist Annette. For starters, you are treated to an electric blanket to keep you toasty throughout the hour and a half long session. The treatment begins with an exquisitely fragranced compress applied to the ankles and feet. Plus, you get a relaxing acupressure foot massage. Then, a deep tissue full body massage is administered using Yon-Ka's firming Galbol 190 blend of essential oils mixed with moisturising Phyto 152 cream. This bit transported me to heaven! Midway through the treatment, my legs and tummy were wrapped in bandages soaked in a special oil blend and I was given a facial massage. Afterwards I received another full body sesh using rosemary to rouse me from my blissful slumber. A luxurious treatment that's not to be missed.

Yon-Ka firming massage costs £75 at Body Vie Medi Clinic, Richmond. Telephone 0845 004 2995 and visit [yonka.com](http://yonka.com)

“Keep your hair conditioned from within with wild kelp capsules”

## QUICK FIXES

If you suffer from tired eyes, add an eye massage into your skincare regime. This will help to reduce puffiness and unsightly dark circles.



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

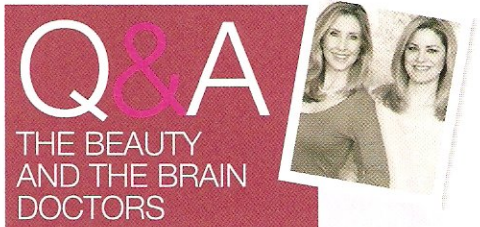
## Victoria's smelly secret

It's no secret that Victoria Beckham suffers from skin problems so we forgive her for spending a lot of money on skincare. However, parting with a whopping £100 for a facial that lists nightingale poo among its ingredients is something that we're struggling to get our heads round. Geisha Facials are a favourite with Victoria and said to combat acne. At least she's taking the natural route!



## Rosy beauty

Treat your loved ones to a selection of natural cosmetic brands from [lucyrose.biz](http://lucyrose.biz). The online beauty boutique offers a collection of gorgeous buys free from harmful chemicals. What's more, postage and packing is free on all UK orders so a little indulgence won't hurt. One lucky reader can win a fabulous £100 of Lucy Rose gift vouchers to spend on products from our favourite brands. To enter, write your name, address and contact number on a postcard addressed to: Lucy Rose Competition, Natural Health, 25 Phoenix Court, Hawkins Road, Colchester CO2 8JY.



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

**Q** I have had severe acne on my back ever since my teens and nothing I've tried cures it. Are there any solutions left that I can try?

**A** There are many options depending on your skin pigmentation and the nature of the scarring. You can use natural bleaches such as kojic acid (a natural by product of the malting of rice) or azelaic acid, which is produced by a yeast that lives on the skin. You can try a mild peeling agent like TCA or a deep peel like glycolic acid (extracted from sugar cane and sugar beets) or salicylic acid, which is similar to the active ingredient in aspirin. All peels or bleaching should be done by a licensed aesthetician or a dermatologist.

For more serious scarring, you can talk to your doctor about laser skin resurfacing. Intense pulse light, Fraxel, erbium laser and CO2 lasers are all possible options but you should talk to your dermatologist because not all lasers are right for all skin types. Finally, if you have deep 'saucer' or 'ice pick' scars on your back, consider talking to a plastic surgeon about surgery to use 'punch excision' to remove the scar.

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