GET A NATURAL HIGH

YOGA Power!
Lifestyle tips you can use with your moves

184 ENERGISING THERAPIES FOR BODY & SOUL

Holistic sleep
Pill-free cures to beat insomnia

SOUL COACHING
Relax
Banish unhealthy stress demons TODAY!

Try Now!
* 6 DIY Taoist meditations
* Allergy tests that WORK
* 12 remedies you must buy

Eat yourself clever: Intelligent nutrition with Patrick Holford
Treatment of the month...
Shirodhara

When I was invited to try out an ayurvedic shirodhara treatment — which involves pouring a steady stream of warm oil over the forehead — I feared it might be akin to Chinese water torture. However, when I met my therapist, Dr Rohini Nagar, he allayed my fears, explaining that this gentle treatment is particularly beneficial for calming the mind and helps soothing stress.

After an initial consultation with Dr Nagar, the treatment began with a head and neck massage followed by the shirodhara. At first, the sensation was rather odd and tickled a bit, but I soon got used to it and eventually it became something of a meditative experience. There was something about the rhythmic flow of oil that seemed to calm my chattering mind.

Afterwards my hair looked like an oil slick, but a refreshing shower soon sorted that out, and I headed off into the evening feeling thoroughly soothed and relaxed.

Costs £190 for 60 minutes at Shymala Ayurveda Spa, west London. Call 020 7548 0016 or visit shymalaayurveda.com.

“Are you suffering from dry lips? Exfoliate dead skin with a sugar and oil mixture”

QUICK FIXES
Reduce your double chin by using your thumbs and middle fingers to grab some skin and pinch along your jaw line. Do this a few times a day and you should see a difference!

Music to our ears!
KT Tunstall doesn’t miss a beat when it comes to natural beauty and invests her money in the multi-functional balms from Soil Association-certified company Balm Balm. “I love Balm Balm! It’s such a great idea,” she says. “It’s currently my facial moisturiser and hair shine!” KT likes to zap her balm in the microwave with a little neat oil for a fresh moisturiser. At NH we heat our lip balm, £2.99, with a little eucalyptus oil to combat winter sniffles. For more information on the variety of balms available, visit balmalm.com.

Here’s a body scrub I made earlier
Jo Fairley, co-founder of beautybible.com, makes her body scrub from half a cup of grapeseed oil, a quarter of a cup of granulated sugar and a quarter of a cup of Maldon sea salt in a wide-mouthed jar with 20 drops of her favourite essential oil. “It does double-duty because the oil stays on the skin’s surface and acts as a moisturiser, so you don’t need to apply lotion after,” says Jo. For an exotic fragrance, take Jo’s advice and mix ylang ylang oil with orange oil.