

NATURAL HEALTH

YOGA * HOMEOPATHY * SHIATSU * REIKI * AFFIRMATIONS * FLOWER REMEDIES

BAREFOOT DOCTOR
DIY TAOIST MEDITATIONS
TO HONE YOUR INTUITION

KAPHA • VATA • PITTA?
Unlock your true health potential with ayurveda

12 steps to total vitality
the easiest detox **EVER!**

REPLENISH YOUR SOUL
INSTANT SERENITY

COMPLEMENTARY THERAPIES TO SOOTHE YOUR SOUL

THE YOGA COACH STRETCH YOUR WAY TO A BETTER BODY TODAY

EXPERT ADVICE

DEEPAK CHOPRA
ON FINDING TRUE LOVE

LYNNE FRANKS
ON HOW TO LOSE WEIGHT

DR WEIL
ON AGELESS AGEING



WIN!
A year's supply of vitamins worth over **£800**

"Shiatsu helped boost my positive energy"





Treatment of the month... Lua 'Uhane Hawaiian Lomi Lomi Massage

This two-hour treatment began with my therapist, Ashley, asking me to choose a card from a pack and to select three crystals from a pile. I picked a 'water' card, which apparently represents energy and direction and is linked to the chest, heart and head. The crystals I chose also related to the heart chakra, suggesting that this area needed extra work.

The body part began with the application of an exfoliating fruit serum followed by the massage, which is carried out using the forearms in long, sweeping movements. It was quite intense and almost painful at times, but afterwards I felt exhilarated, as though I'd had a good workout. The treatment was finished off with a layer of moisturising cream which left my skin feeling fantastically smooth. After Ashley had finished she left me to relax and read the wording on the card I'd chosen. "Allow things to unfold at their own pace. You can only go as fast as the canoe will take you," it said. After such a long and blissful treatment it seemed very fitting.

Costs £85 at Kavala Day Spa and Beauty Salon, Chelmsford, Essex. Call 01245 287 979 or visit kavalabeauty.co.uk.

"Banish greasy hair by mixing lemon juice into your shampoo"

Quick fix

If you get dry lips, make your own lip polish. Mix one teaspoon of oatmeal with one teaspoon of almond oil and gently massage over the lips. This will remove dead cells and stimulate circulation in the area.



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

NATURE GIRL

Like the *Natural Health* team, TV babe Kirsty Gallacher is mad for Lavera. "It's the only organic product range I use," she says. "I love their products. I have normal to dry skin and find that their creams leave my skin hydrated and glowing." She adds: "My favourite product is the Basis Sensitiv Protection Body Lotion." Check the range out for yourself at lavera.co.uk



Q&A

THE BEAUTY AND THE BRAIN DOCTORS



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

Q As I've got older, I've developed more and more facial hair, not only on my upper lip, but extending down from my side burns. The hair is dark in colour and makes me feel really unfeminine. How can I reduce the appearance of this naturally?

A As women become perimenopausal their oestrogen decreases as androgens (or male hormones) relatively increase.

This is the reason that many women start developing more facial hair in their forties and fifties. There are many treatments around for removing these unwanted hairs naturally. Many of the waxing products are naturally based. For example, NADS is a wax gel made with molasses, lemon juice and honey vinegar. Waxing removes the hair from the roots while tweezing and threading also remove hairs directly from the root, and generally the hair won't grow back for between two and four weeks. A treatment based on natural light called Intense Pulse Light works very well on dark hairs, meaning allowing for permanent reduction of hairs after five to six sessions. These treatments should be spaced four to six weeks apart.

For more advice from the doctors go to thebeauty prescription.com

Home spa

Oxygen facials are renowned for their ability to plump and rejuvenate the skin, and now, thanks to Paul Penders' Intensive Clarifying Therapy (£44.95, thenaturalskincare.com), you can get the glow in your own bathroom. Try it with this ritual based on ancient acupressure techniques:

Apply pressure with your fingertips to the centre of your forehead for six seconds. Repeat this for the centre of your cheeks, your chin and both sides of your lower neck below the jaw, each time pressing for six seconds.

