



SpiritualSpa

Natural ways to look great and feel even better



NEOM LUXURY ORGANICS CHRISTMAS WISH HOME CANDLE, £40 (www.neomorganics.com)

Light this cinnamon, ginger, mandarin and tonka bean oil candle and create your own spiritual spa. It's made from vegetable wax and essential oils, and Neom donates £1 from each sale to the Make-A-Wish Foundation, granting wishes to sick children.

SPA
spy

Hot Lava Shell Colonic

An anonymous insider reports on a less invasive form of colonic irrigation

Is there such a thing as a colonic for wimps? A flatter tummy and extra energy sound great, but I've always shied away from the blush-making therapy. Then I heard about this treatment, with a stomach massage that promises the same effects through the use of heated tiger clamshells, minus the awkwardness.

The shells are filled with a sachet of self-heating kelp and algae gel and used as an extension of the masseuse's hands – the narrow edge for targeted deep work and the rounded surface for more even pressure. Sophie, my therapist, promised me the treatment would reduce bloating, stimulate

WANTED! SMOKY EYE MASCARA

Finding a natural volumising mascara that packs enough punch for a sultry smoky eye is like tracking down the Holy Grail, but we've discovered one! Green People's Volumising Mascara, £19.99, is made with organic sweet almond oil and shea butter, and moisturises lashes while giving them a fluttering boost. It's free from chemicals such as mercury and formaldehyde (legal in small amounts), contains no synthetic dyes and is certified organic by Ecocert. Call 01403-740350 or visit www.greenpeople.co.uk



YOU WANT... Radiant skin

Don't let seasonal stress drain the life out of your complexion. Here are some simple reminders of how to get glowing

- Take time out for a brisk walk, breathing deeply as you stride, to oxygenate skin and give it a rosy glow.
- Drink two litres of water a day, especially if you've been drinking caffeine and alcohol. Water keeps skin cells plump so your complexion looks fresher.
- Exfoliate two or three times a week to scrub away dead skin cells, then pop on a radiance-boosting mask. Try **• Korres Pomegranate Cleansing Scrub**, £14, and **• Cleansing Mask**, £16. Both contain pomegranate extracts to perk up and illuminate skin (call 0870-850 3868).
- Hide tiredness and stress with **• bareMinerals Correct & Brighten Kit**, £22 (www.bareminerals.co.uk). It contains mini versions of the company's Multi-Tasking Concealer, Well-Rested For Eyes and Maximum Coverage Concealer Brush.
- For a quick gleam, sweep an illuminating blush over cheeks. Try **• Rituals Magic Powder Blush**, £13.50 (www.rituals.com), enriched with amethyst, for inner peace, creativity and a magical, healthy glow.



CORRECTED BY MISSY CALDWELL/PHOTOS.COM; MAKEUP: TESSA ANDERSON/SHUTTERSTOCK; HAIR: JESSICA HARRIS/SHUTTERSTOCK; MAKEUP: LUCY THREMPER/SHUTTERSTOCK



During November, John Lewis in Oxford Street, London, is offering shoppers a free bespoke 10-minute hand and arm massage and five-minute winter hand-care consultation in the Elemis SpaPod - plus a goodie bag worth £30 (T&Cs apply). Call 020-3073 0681.



3 OF THE BEST... Supplements



HEALTHY HAIR
THE ORGANIC PHARMACY
PFTONUTRIENT CAPSULES, £25
(www.theorganicpharmacy.com)

Unlike synthetic supplements, these capsules, filled with organic superfoods, are easily absorbed. Each one contains wheat and barley grasses, spirulina and alicia, plus other antioxidants and nutrients to strengthen hair, nails and skin.



ENERGY BOOST
THALASSO L'OCCITANE, £22.40
(www.loccitane.com)

The marine-infused liquid in these vials restores energy and detoxifies your body. The 100 per cent natural 'living seawater' contains marine micronutrients and plasma to boost cell health. Designed for anyone who's feeling stressed and fatigued.



A CLEANSSED BODY
PUKKA CLEAN GREENS, £24.95
(www.pukkaherbs.com)

This powdered supplement uses organic chlorophyll-rich super-greens such as nettle, parsley and peppermint, barley and wheat grasses and even Arctic seaweed to soothe and cleanse the digestive tract. Mix one teaspoon with water or clove vera juice for maximum cleansing effect.

sluggish bowels and boost the elimination of toxins. She also warned me to watch out for a release of emotion, as the Asian massage techniques are designed to release tension held in the tummy. I stripped down to my knickers and was covered with a warm towel, but this was no coma-inducing mainstream massage. I flinched when Sophie got stuck in doing deep work on specific areas of my colon, but this soon gave way to a lovely 'deep heat' feeling in my muscles. I can only liken it to having my tummy kneaded like a lump of dough. Afterwards I felt relaxed, and my tummy felt tender but firmer, as if I'd done some serious stomach crunches. The next morning, however, I felt bloated and delicate, but by the following day, this was a distant memory - I felt positive and my trousers did up more easily. No complaints there! But I wouldn't say this is a replacement for the real thing.

• Available at Urban Retreat, Harrods, London (020-7893 8333); £60 for a 40-minute back and tummy massage. Or call 01859-338890 to find a therapist.



Could this be the answer to IBS?

SPOTLIGHT ON... Orange oil

Why this sweet-scented extract is a natural beauty choice

When it comes to beauty treatments, the orange is one of the most versatile fruits around, because every part of it is used to make essential oils. The leaves produce petitgrain, used in aromatherapy treatments and treatment blends. Its antiseptic properties mean it's just the thing for clearing the complexion. Simply apply it neat to a cotton bud and dab over any spots. The sweet-scented orange flowers yield neroli oil, which

is good for de-stressing - just add a few drops to a warm bath - while the peel produces rejuvenating essential oil of orange, often used in facials. Mix 10 drops into 45ml of base oil, then massage a few drops into skin, concentrating on lined areas to help smooth away wrinkles. Apply morning and night.

MAKE IT Mix three drops of either essential oil of orange, petitgrain or neroli into a 50ml pot of organic unscented moisturiser. Massage into skin to encourage a radiant glow.

BUY IT Neal's Yard Remedies Nourishing Orange Flower Night Cream, £22 (www.nealsyardremedies.com) This blend of organic orange flower extract, with regenerative essential oils of neroli and mandarin, deeply moisturises and softens skin while you sleep.

