

Shine

TOP HEALTH & BEAUTY BRANDS 2023



Healthy
snacks
*you'll
love*

**SLEEP
EASY**
*Simple tips
for better
shut-eye*

**HERO
SKINCARE
INGREDIENTS**
to try today

Make time
FOR YOU

Self-care rituals to calm
your body and mind

FROM THE PUBLISHERS OF

NATURAL HEALTH *Health & Wellbeing*

bimuno®

Your 4-in-1 daily immune system support.
Award-winning prebiotic supplement,
plus vitamins C, D, and zinc.



- ✓ Supports collagen formation
- ✓ Contributes to the protection of cells from oxidative damage - a leading cause of premature aging
- ✓ Contributes to the maintenance of hair, nails and skin
- ✓ Increases number of good gut bacteria in just 7 days*

Subscribe to save 25%

Scan me



*Scientific data shows that daily use of Bimuno® increases gut bifidobacteria levels within 7 days, results may vary. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Welcome...

...to *Shine*, a wellness-focused magazine which celebrates the top health and beauty brands from 2023 and encourages us all to embrace self-care. We want to empower everyone to look and feel their best. Remember, self-care is not selfish! Making time to look after yourself helps to melt away stress and improve mental health and general wellbeing.

Our aim is to inspire readers to prioritise their wellness. That's why we've created a magazine packed full of health, beauty and fitness advice with this in mind. Brought to you from the team behind the Natural Health Beauty Awards and the Health & Wellbeing Awards, we have more than 25 years of combined history in the wellness sphere. Plus, there's a brilliant roster of industry experts and contributors offering the best advice and product recommendations.

Among our pages, you'll find the winners of our awards, as well as articles on everything from how to find the perfect skincare routine for your needs (page 34) to getting the best night's sleep (page 62). There's even an effective workout routine you can do in less than 10 minutes (page 68) and nutrition tips (page 75). To find out more about the Natural Health Beauty Awards 2024 see page 26, and for more information on the Health & Wellbeing Awards 2024 turn to page 61.

We hope you find something in this issue that inspires you to take charge of your wellbeing and feel fabulous!

Team Shine



Content editors: Claire Munnings and Laura Coppock

Senior Accounts Manager:
Julie Freestone
(julie.freestone@artichokehq.com)

Awards Brand Manager:
Nicky Maia

Head of Awards: Jenny O'Neill

Art Directors: Rick Allen and Sarah Barajas



artichoke

To the best of our knowledge, we, Artichoke Media, have provided accurate and complete information within our publications, but we make no representation as to the accuracy of the information. Our publications and content are for information and entertainment only and do not reflect an endorsement or recommendation by Artichoke Media. Importantly, the information provided within our publications should not be viewed as a substitute for professional advice, including without limitation, medical advice. To the extent permissible by law, any liability for any loss or damage however caused, arising from the use of the information contained in our publications is excluded. It is our readers' responsibility to assess the safe use of the information we publish based on each individual's own circumstances. We cannot assess that because as publisher we do not share medical and health details of our readers.



@healthwellbeinguk



@naturalhealthwoman

healthwellbeing.com

Shine

TOP HEALTH & BEAUTY BRANDS 2023

Contents

4



7 CREATE A REGULAR SELF-CARE PRACTICE

With a few simple tweaks to your routine you might be surprised at how easy it is to make time for regular self-care

10 HOW DO YOU MAKE TIME FOR YOU?

Experts in the wellness arena tell us about what 'me time' means for them

12 FIND GLIMMERS OF JOY

Wellness expert Louise Barton shares a mindful exercise to bring more joy to your life

13 100+ OF THE BEST NATURAL BEAUTY BUYS

The results of the 2023 Natural Health Beauty Awards



26 THE 2024 NATURAL HEALTH BEAUTY AWARDS

Find out all about next year's awards

31 SKINCARE SAVVY

Learn how to make your products work harder by pairing and layering them for maximum results

34 YOUR SKINCARE ROUTINE

Get to know your skin type and how to give it the TLC it needs to look its best

39 YOUR GUIDE TO SPF

Confused about sun protection? Check out the rules when it comes to guarding against UV rays

41 MINDFUL SKINCARE

Don't underestimate the benefits of mindful practices when it comes to boosting your complexion

43 BATH TIME BLISS

Easy ways to elevate your everyday soak in the tub and create a spa sanctuary at home

47 SPA TIME

Top ideas and reviews to help you choose your next spa day or stay



51 THE BEST HEALTH & WELLNESS PRODUCTS 2023

We reveal the results of the 2023 Health & Wellbeing Awards

61 THE HEALTH & WELLBEING 2024 AWARDS ARE NOW OPEN

Check out the details for the upcoming awards

62 WAKE UP FEELING REFRESHED

A must-read if a good night's sleep alludes you

65 AND STRETCH!

Yoga expert Sarah Highfield shares a routine to help you feel balanced

68 10-MIN WORKOUT

It is possible to fit in an effective fitness session in just 10 minutes - follow this fun and fast workout



70 CHOOSING THE RIGHT ACTIVEWEAR

Your guide to creating the best capsule workout wardrobe to suit your needs

72 5 WAYS TO STAY HYDRATED

Easy ideas to help you get the right amount of H2O

75 HEALTHY SNACKING MADE EASY

Satisfying homemade recipes to try today

78 PROTEIN: THE FACTS

Everything you need to know about the role of protein in your diet

79 SUPERFOOD SAVERS

These eats offer a wealth of wellbeing gains while being budget-friendly

80 SWITCH OFF AND UNWIND

Try this sleep meditation to set you up for the best night's rest

81 SURPRISING SLEEP HACKS

Struggling to get good quality ZZZs? These expert tips might help

82 5 MINUTES WITH MYLEENE KLASS

The *I'm a Celeb* legend reveals her health and wellbeing wins



Finding your PURPOSE

Wellness guide Divya Chandegra reveals why it's so important to connect with your true soul self and explains how to do it



6

We ask each other and ourselves questions all the time, but what a lot of us forget to do is check in with ourselves to understand and identify our purpose. Perhaps you've ended up in a career or certain place in your life and are wondering how you got there and what's next. The question we need to ask ourselves is – what is my gift to share?

The thought of your purpose will shake your soul. It's a knowingness that feels like the butterflies deep in your belly have been released to fly freely into your heart space and out into the universe and it is **your unique gift**. It gives you goosebumps because thinking and feeling something that completely resonates in alignment with your soul is the only thing that truly makes sense.

Discovering your gift

Finding your purpose is about re-discovering your authentic self. We all have a purpose that is unique to us because of our unique life experiences.

Being able to learn who you are outside of the constructs and false imprints of your upbringing, society and expectations will bring you back to your true self and ultimately, your purpose. It's important to centre yourself and focus on this task.



ABOUT DIVYA CHANDEGRA

Divya Chandegra is a certified yoga teacher, reiki practitioner, author and wellness soul guide. Her mission in life is to empower parents and professionals to heal their limiting childhood beliefs and subconscious blocks to free themselves and future generations from repeating patterns that keep them trapped in cycles, through conscious

decision-making and conscious living. To connect with Divya you can email info@divya-chandegra.com, follow her on Instagram [@divya.chandegra](https://www.instagram.com/divya.chandegra) or visit her website divya-chandegra.com for more.

Learning along the way

In finding your purpose, you may question if it's true. Usually, this is because you feel it should be harder. We're led to believe that success means we need to suffer along the way. This is a false imprint in your subconscious.

On the other hand, you may start to see why everything that has happened in your life experience or journey so far makes sense. You'll see it so clearly; it will seem almost magical how the pieces come together and you'll have an innate knowing that only you can bring this gift to the world.

When obstacles come along your way, you'll be guided to move past them, or accept the learning and be open to trust that the solution will come to you. You'll continue to learn along the way and you'll be unstoppable because you're consciously choosing to serve your purpose.

How to find your purpose

- Write down what you're naturally good at and what brings you joy
- Accept that your life experiences make you the best person to share this gift
- Create a plan of how you can offer this learning to others

Finding your purpose starts with identifying and consciously healing yourself from the limiting beliefs, blocks and false programmes instilled in you from childhood by society, tradition, culture and family. Finding your purpose is about rediscovering who you're truly meant to be in this life and knowing that you were born to share your gift.

For access to free resources and tools to guide you to discover your true soul self, visit divya-chandegra.com/subscribe



Create a regular
**SELF-CARE
PRACTICE**

With a few simple tweaks to your routine
you might be surprised at how easy it
is to make time for regular self-care

WORDS: AMY MOORE



Self-care isn't selfish – repeat this mantra regularly if you struggle with the idea of switching off and making time to do something just for you.

Self-care – whether it's taking a warm bath, enjoying a reflexology session or snuggling up with your favourite novel – is essential for our wellbeing. Studies show that taking time for ourselves can help to improve our focus and concentration, reduce feelings of stress and improve energy levels.

Yet, despite these wellbeing wins, as many as one in three of us feel guilty for taking time to look after ourselves. Any spare moment that we have goes to caring for others, catching up with chores or signing ourselves up for extra work. But, as the saying goes, you can't pour from an empty cup.

So try to set aside time to let yourself enjoy a self-care practice. Ideally this would be on a daily basis – even just for a few minutes. Or if that's not doable, make space in your week to look after yourself. Schedule it in the diary if you have to. Not sure what to do? Here's a little inspiration to help you get started.

Make a morning tea ritual

Often, we boil the kettle mindlessly, glugging down a mug of tea without a second thought. Make this time more sacred by creating your own tea ritual. Find a blend of tea that will set you up for the day – perhaps a peppermint or a refreshing lemon verbena – and place this in its own special jar. Brew your tea in a pot and watch the changing colours of the water as the leaves unfurl and steep. Notice the aroma of your tea – can you detect the different herbs? Find a comfortable, quiet spot where you can enjoy, sip by slow sip, and take this time to set an intention for your day.

Release stagnant energy

There are many ways to let go of pent up, negative energy. One of the easiest is to shake your body and dance. Literally shake it off. Put on some of your favourite music and move freely, then see how your



energy feels different afterwards.

Another method you could explore is Pai Sha – or bamboo tapping – an ancient Chinese method for tapping the body. It uses a long bundle of thin bamboo rods, shaped like an old-fashioned broom, to tap all over the body. The idea is that it helps to clear areas of stagnant energy, or 'qi', while also helping to boost circulation, release tension and support lymphatic drainage. Spending five minutes in the morning briskly tapping the body can help invigorate

"Self-care isn't selfish, it is essential for your wellbeing"



you for the rest of the day. Find out more by visiting hayoumethod.com where you can purchase a Bamboo Body Tapper for £45.

Enjoy a haircare ritual

Show your tresses some attention. Indulge in a soothing head massage, gently rubbing your scalp with a nourishing hair oil. You don't need to be an expert – place your fingertips on your scalp and massage in small, soothing circles for a simple and effective technique. Not only does a head massage help to ease tension, it can also improve circulation to your scalp and neck, encouraging healthy hair growth.

Once your massage is complete, relax and allow the oil to soak into your hair. Rinse out when you're ready with your favourite shampoo and conditioner.

Soak in a magnesium bath

Enhance the wellness benefits of a Sunday evening soak by adding magnesium flakes to your bath. Magnesium gets absorbed across the skin, helping to support levels of this essential mineral. Not only does magnesium help to keep our bones and skin healthy, it can also relieve muscle tension and set us up for a good night's sleep. Light your favourite candle, add a few soothing drops of lavender essential oil and sink into pure relaxed bliss.

Take a mindful walk

Self care isn't all about long baths and spa treatments (as enjoyable as they are).

Getting outside is essential for our wellbeing. Research shows that being out in nature lifts our mood and enhances our focus. Not only that, natural light helps to regulate our melatonin, keeping our sleep cycle on track.

A walk out in the fresh air, whatever the weather, is a quick and easy way to boost your mental and physical health.

Transform your walk into a mindful practice by noticing the sights and sounds around you. Admire the sunlight streaming through the branches of a giant oak or revel in the sound of crunchy leaves underfoot. Notice if you can engage each of the senses one by one. If you have the time, take a journal along with you and pause during your walk to write down anything you notice.

Create a meditation zone

While we may not have the space to recreate an ashram at home, we can take inspiration from it. Creating a sacred space for meditation is ideal for helping you to cultivate a regular practice as you'll be more likely to come to it each day. Find a cosy, quiet corner where you're unlikely to be disturbed and transform this space into your personal meditation zone. Create a comfortable seating area and choose some scented candles or soft lighting to keep the senses calm.

Making an altar can help you to focus and dedicate your practice – you can personalise it with your favourite crystals, tarot cards or meaningful photos. Finally, consider burning palo santo, rosemary or incense to cleanse the air.

Make a manifestation board

Our hopes and dreams can feel out of reach when we're on the go all the time. Visualising your dreams is key to making them your reality.

Set aside a quiet morning or afternoon to create a manifestation board. There are no rules when it comes to creating your board so enjoy the freedom and get creative. It might be on a piece of paper or card, or even a pin board. You could also create a digital version and save it as your computer or phone wallpaper. Find photos, artwork and quotes that relate to your dream and arrange these on your board.

Once you've finished, place your board somewhere you're likely to see it each day to keep you on track.

How do you make **TIME FOR YOU?**

We asked some of our favourite influencers, celebrities and experts to share their daily self-care rituals

10



"I have to squeeze my self-care into tiny moments"

Amanda Byram, presenter, wellness expert and author of *The Switch* (amandabyram.com), says:

"For me, these days it's more a case of squeezing my self-care into short tiny moments rather than a chunk of time. As any mum can testify, finding time for yourself is hard, and when you do, you end up cleaning or making a batch of food that will probably end up on the floor! So, I take two minutes at least once a day to have a cold shower. I find this is really great for my mental health, because it shocks me back into the moment. I stare at something in my view and simply focus on it, and I remind myself that I am here in this exact moment. It is hard to think beyond that when the water is freezing, and I tell myself that most things that have been concerning me that day are small and I make them wash away with the cold water. In the morning, I tend to wake super early, as does my son, so I get up before I go to get him and brush my teeth and shower, so that I can stay one step ahead. As I brush my teeth, I focus on my posture and tuck my tailbone so that I can engage my core and glutes. That way I can focus on my physical being for a moment before 'mum duty' takes over. The days of hours of self-care are a distant memory, but I find these brief moments of self-awareness such a huge help."



"I love to indulge my mind and body in an ayurvedic massage"

Claire Paphitis, ayurvedic consultant, reiki practitioner and author of *Balance Your Agni* (theyayurvedacoach.com), says:

"One of my absolute favourite self-care rituals is to indulge my mind, body and senses in an at-home ayurvedic abhyanga massage. Abhyanga is recommended daily in ayurveda, and while I might not always have time to commit an hour to it, I try to do so once a week. The idea is to anoint the body in warm oil, spending time really massaging it in with care and love. I especially like extending this to my ears and head (covering the hair as well) and I focus on grounding my energy at the end by giving my feet an extra massage. Once the whole body is enveloped in the oil you wrap yourself in an old gown, and I usually have a quiet lay down with a book and a cup of herbal tea before showering off around 45 minutes later. It's truly indulgent and leaves you feeling calm and relaxed."

"Looking after your skin helps you appreciate your body"

Scott McGlynn, skincare expert and online creator (scottmcglynn.co.uk), says:



"I try to spend 10-15 minutes every evening to really give love back to my skin – taking time to massage products in, and maybe even using a skin tool to enhance the product I'm using. I believe it's the best way to unwind and appreciate our skin. I think it's great for the mind and wellbeing to take the time for you, and everyone I recommend this to says how much it helps them de-stress."

©Depth and Field Media



"The way I wake up sets the tone for my day"

Le'Nise Brothers, nutritional therapist and women's health expert (eatlovemove.com), says:

"I usually wake up at around 6.30-7am and use an alarm with a gradual wake-up lamp for a less jarring start to the day, which is especially important in the winter months! When we wake up, our brains are in a highly suggestible state, producing theta waves, which are important for processing information and making memories – so before I look at my phone, I like to say a few positive affirmations and a prayer to put myself in the best frame of mind. I'll then get up, open my blinds and expose my eyes to some natural light to manage my cortisol levels."



"Quite time after lunch is just bliss for me"

Karen Maurice, sustainable lifestyle blogger ([instagram.com/n4mummy](https://www.instagram.com/n4mummy)), says:

"My favourite thing to do is have 30 minutes to myself in the middle of the day (if I do it in the evening I just fall asleep). So, even if the kids are at home we all have quiet time after lunch. I usually read a book and drink an entire hot cup of tea – pure bliss."



Find glimmers OF JOY

Wellness expert and health coach
Louise Barton (livewellwithlou.com)
shares a simple, yet powerful
mindfulness exercise

12



This is my favourite way to practise a bit of mindfulness and help flip any negative headspace chatter into a more positive place to be. It's mindfulness on the go, for those days when there's no time to sit still.

Capturing glimmers

What do I mean by glimmers? Glimmers are the opposite of triggers. Instead of triggering your stress response, they glimmer safety, joy and calm.

Glimmers are tiny moments of joy, awe gratitude or connection. They spark happiness and inner calm. They have a positive effect on mental health and help us regulate our nervous system.

Think of a glimmer as a small ray of sunshine breaking through the clouds. It may be fleeting, but it can re-wire our brain into a more positive headspace.

HOW TO DO IT

Capture a glimmer and turn it into a glow with this 30-second mindfulness practice...

- 1 Notice the glimmer:** First, notice all those small things that bring you joy or gratitude – a beautiful sunset, a sip of coffee (still hot), laughter with a friend or beautiful spring blooms.
- 2 Pause and breathe:** Then, take a micro moment to pause, close your eyes if you can, and take a nice, deep breath. As you inhale, try to imagine you're breathing in the positivity and joy of the glimmer. Then, as you breathe out, let go of any negative thoughts or emotions.
- 3 Savour:** Next, take a moment to fully appreciate the glimmer. Notice the details, the colours and the sounds. Notice any positive feelings or sensations in your body. Allow yourself to feel grateful for this small moment of joy.
- 4 Carry the glimmer with you throughout your day:** The brain needs frequent reminders to stay in a positive headspace and refrain from falling back into its default, more negative mode, so remind yourself of the positive experience frequently.

Awards sponsored by:



1000+

OF THE BEST
**NATURAL
BEAUTY BUYS**

2023
NATURAL HEALTH
Beauty Awards
THE RESULTS

The results are in! After months of judging more than 1,000 brilliant entries in this year's Natural Health Beauty Awards, we're proud to unveil the very best products and brands in the world of natural beauty. So, please let us present the winners, as judged by our wonderful panel of experts, industry professionals and leading voices in the industry...



Good for you, Good for the planet

NATURAL HEROES WINNER

Rhug Wild Beauty,
rhugwildbeauty.com

Judges loved:

Protecting Facial Oil with Bakuchiol •
Deep Cleansing Balm with Wild Berries •
Active Treatment Serum with Hyaluronic
Acid • Replenishing Mask with Rhug Honey
Protecting Day Cream with Blue Tansy Oil

HIGHLY COMMENDED

Verdilab, verdilabcosmetics.com

Judges loved:

Extremely Nourishing Rose Radiance
Cream-mask • Anti-Wrinkle Rose Supreme
Cream • Lift & Glow Rose Serum

American Dream, americandreamuk.com

Judges loved:

Jamaican Black Castor Oil Strengthening
Shampoo • Jamaican Black Castor Oil
Strengthening Conditioner • Jamaican
Black Castor Oil Strengthening Hair Mask

BEST SMALL BEAUTY BRAND WINNER

Aura Organics,
auraorganicscosmetics.co.uk

Judges loved:

Rose and Green Tea Cleansing
Oil • Rose and Matcha Green
Tea Exfoliating Mask • Rose and Green Tea
Fermented Toner Water • Vitamin C and
Rose Hyaluronic Acid Serum

HIGHLY COMMENDED

Peep Club, peepclub.com

Judges loved:

Heated Eye Wand • Instant Relief Eye
Spray • Soothing Coconut Eye Balm

LE PURE, lepure.com

Judges loved:

• Perfecting Illumination • Instant
Liberation Eye Euphoria • Lumière
Éternelle • Alpha Tonic Face Lotion

Judged by
AMANDA
BYRAM

SOIL ASSOCIATION CERTIFIED WINNER

Inlight Beauty Skin Aid Kit,
inlightbeauty.co.uk

Judged by
LYNNE
FRANKS

HIGHLY COMMENDED

Rhug Wild Beauty Protecting Facial Oil with
Bakuchiol, rhugwildbeauty.com

Dr Organic Moroccan Argan Oil Day Cream,
drganic.co.uk

VEGAN PRODUCTS WINNER

Faith In Nature SHEA &
ARGAN SHAMPOO BAR,
faithinnature.co.uk

Judged by
JAYNEY
GODDARD

HIGHLY COMMENDED

Dr Hauschka Soothing Cleansing Milk,
drhauschka.co.uk

Hairy Jayne Pre-shampoo Treatment Oil,
hairyjaynehandmade.co.uk

ORGANIC SKINCARE WINNER

Swiss Toniq Advanced
Repair Serum,
swisstoniq.com

Judged by
KIRSTY
GALLAGHER

HIGHLY COMMENDED

Fusion by Danielle Collins Pro Lift Facial
Moisturising Serum,
shop.faceyogaexpert.com

Tan Organic Skin Magic Wonder Balm,
uk.tanorganic.com



Face

FACIAL EXFOLIATOR

WINNER

Jane Scrivner
Whipped Butter
Polish Facial Exfoliator,
janescrivner.com

Judged by
**REBECCA
GOODYEAR**

HIGHLY COMMENDED

VERDILAB ILLUMINATING
Micro Exfoliating Mask,
verdilabcosmetics.com
Vanessa Megan Skincare
Prebiotic + C Skin Polishing
Exfoliator Powder,
vanessamegan.com

FACIAL OIL

WINNER

Evolve Organic
Beauty Bio-retinol
+ C Skin Booster,
evolvebeauty.co.uk

Judged by
**ELLIE
CLARKE**

HIGHLY COMMENDED

KAEA The Vitaliser,
kaeaskincare.com
Balmonds Skincare Intensive
Facial Oil, balmonds.co.uk

MOISTURISER

WINNER

AEOS TLC Renewal Face
Cream, aeos.net

Judged by
**NIA THE
LIGHT**

HIGHLY COMMENDED

la Promiskin The Moisturizing
Cream, lapromiskin.com
Ananné Equilibrium light,
ananne.com

SKIN SERUM

WINNER

Pestle & Mortar Vitamin
C 2 Phase Serum,
pestleandmortar.com

Judged by
**LOUISE
BARTON**

HIGHLY COMMENDED

AEOS Realive Serum aeos.net
Maui Rituals Supreme Skin Face
Serum, maulirituals.com

FACE MASK

WINNER

Vanessa Megan Skincare
Gold & Lime Caviar
Coconut Membrane Sheet
Mask, vanessamegan.com

Judged by
**LYNNE
FRANKS**

HIGHLY COMMENDED

Sopure London Antioxidant Face
Mask, sopurelondon.com
Ayurda Hydrating Face Pack with
Multani Mitti & Tulsi, ayurda.com

CLEANSER

WINNER

SKIN-RG Super Rich
Creme Cleanser,
skin-rg.com

Judged by
**SCOTT
McGLYNN**

HIGHLY COMMENDED:

Evolve Organic Beauty
Kalahari Dream Cleansing Oil,
evolvebeauty.co.uk
Little Soap Company Eco
Warrior Sensitive Facial Bar,
littlesoapcompany.co.uk

EYE CREAM

WINNER

This Works My
Wrinkles Tired Eyes,
thisworks.com

Judged by
**AILISH
LUCAS**

HIGHLY COMMENDED

TARAMAR Eye Treatment,
taramar.com
SKIN-RG Phoenix Super C Eye
Serum, skin-rg.com



Awake[®] organics



SAVE 15% AWAKESHINE15

*Redeem code at checkout. Limit one use per person. Expires 09/30/2024.

AWAKEORGANICS.CO.UK

BeeInspired[®]

natural honey beeswax skincare



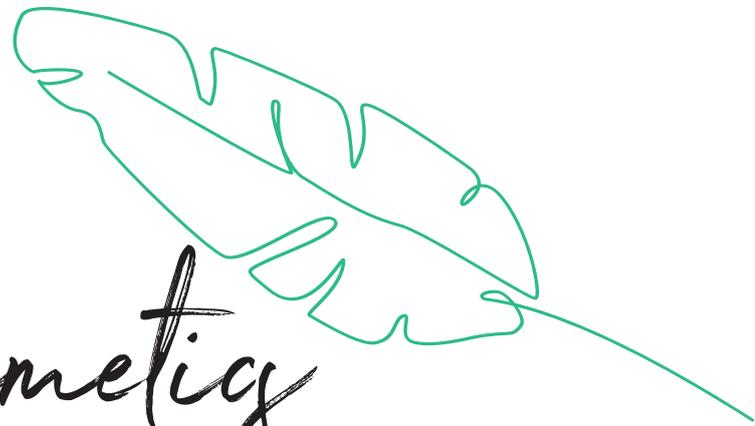
yet another award for our amazing natural skincare range enhancing the benefits of beeswax and honey from our bees, together with plant + essential oils go to our website to see full details of this and other recent awards

www.beeinspiredcreams.buzz

use **hoorah** at checkout to receive a 10% discount on your first order

naturalhealthwoman.com

Make-up and cosmetics



LIP BALM WINNER

MV SKINTHERAPY
multiBALM,
mvskintherapy.com

Judged by
**LOUISE
BARTON**

HIGHLY COMMENDED

Raw Nature Strawberry + Coconut
Lip Butta, rawnaturenz.co.uk
Kester Black Dawn To Dusk Lip
Balm, nz.kesterblack.com

MAKE-UP RANGE

WINNER

INIKA Organic
uk.inikaorganic.com

Judged by
EM-J

Judges loved:

Organic Bakuchiol Serum Natural
Retinol Alternative • Organic
Kakadu Plum Vitamin C Booster
• Organic Lipstick • Organic
Quad Eyeshadow Palette •
Organic Lip & Cheek Cream

HIGHLY COMMENDED

Dr. Hauschka, drhauschka.co.uk

Judges loved:

• Illuminating Fluid • Brow & Lash
Gel • Bronzing Powder • Blush 01
• Foundation

English Mineral Makeup,
englishmineralmakeup.co.uk

Judges loved:

• Classic Foundation, Blush - in
Bubblegum • Bronze - Matte
Honey Bronze • Eye Pigments - in
Copper Touch • Vegan Lashes



NAIL VARNISH WINNER

Nailkind Tough
Love, Natural
Nail Strengthener,
nailkind.com

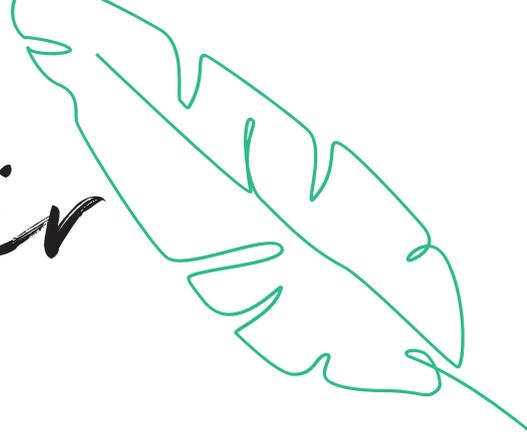
Judged by
**LE'NISE
BROTHERS**

HIGHLY COMMENDED

Nailkind, Smooth operator,
natural nail oil, nailkind.com
Aura Organics Glazed doughnut
low toxic polish,
auraorganicsspa.com



Body & Hair



BODY CREAM WINNER

Rhug Wild Beauty Nourishing Body Cream with Marshmallow Root and Lemon Balm, rhugwildbeauty.com

Judged by
JASMINE
HEMSLEY

HIGHLY COMMENDED
VOYA Buoyancy Luxury Body Butter, www.voya.ie
Balmonds Skincare Daily Moisturising Cream, balmonds.co.uk

BODY OIL WINNER

Olverum Firming Body Oil, uk.olverum.com

Judged by
ANNIE
CLARKE

HIGHLY COMMENDED
The Organic Pharmacy Advanced Retinoid-like Body Oil, theorganicpharmacy.com
Awake Organics Daily Hair & Body Tri-Serum, Argan & Geranium, awakeorganics.co.uk

BODY SCRUB WINNER

Urban Veda Soothing Body Scrub, urbanveda.com

Judged by
KIRSTY
GALLAGHER

HIGHLY COMMENDED
Olverum Body Polish, uk.olverum.com
Rhug Wild Beauty Exfoliating Body Scrub with Rosemary and Rhug Honey, rhugwildbeauty.com

FOOTCARE WINNER

BEAUTYPRO Foot & Callus Peel, beautypro.com

Judged by
EM-J

HIGHLY COMMENDED
BEAUTYPRO Foot Serum, beautypro.com
Pure Lakes Skincare Neem, Pine & Tea Tree Foot Balm, pure.company

FAKE TAN WINNER

Eco By Sonya Driver Hempitan Body Tan Water, ecobysonyadriver.co.uk

Judged by
REBECCA
GOODYEAR

HIGHLY COMMENDED
Green People Age Defy+ Liquid Gold Tanning Drops, greenpeople.co.uk
TanOrganic Anti Aging Facial Tan Serum, uk.tanorganic.com

HAND CREAM WINNER

Neal's Yard Remedies Bee Lovely Hand Cream, nealsyardremedies.com

Judged by
KESHIA
EAST

HIGHLY COMMENDED
Evolve Organic Beauty Timeless Renewal Hand Cream, evolvebeauty.co.uk
Burt's Bees Almond & Milk Hand Cream, burtsbees.co.uk

SHOWER GEL WINNER

Olverum Body Cleanser, eu.olverum.com

Judged by
SARAH
HIGHFIELD

HIGHLY COMMENDED
Eco By Sonya Driver Coconut Mint Body Wash, ecobysonyadriver.co.uk
Rahua Shower Gel, rahua.uk

BEST HAIR PRODUCT WINNER

Flora & Curl Sweet Hibiscus Curl Defining Gel floracurl.co.uk

Judged by
NIA THE
LIGHT

HIGHLY COMMENDED
We Are Concentrate No Added Water Shampoo weareconcentrate.com
Sage and Ylang Redefining Beauty Nourishing Hair Perfume, sageandylang.com

BEST SHAMPOO & CONDITIONER WINNER

We Are Concentrate No added water Shampoo, No added water conditioner, weareconcentrate.com

Judged by
AILISH
LUCAS

HIGHLY COMMENDED
Awake Organics Caffeine & Rosemary Shampoo (water-activated powder), awakeorganics.co.uk
Evolve Organic Beauty Monoi Rescue Shampoo & Conditioner Duo, evolvebeauty.co.uk

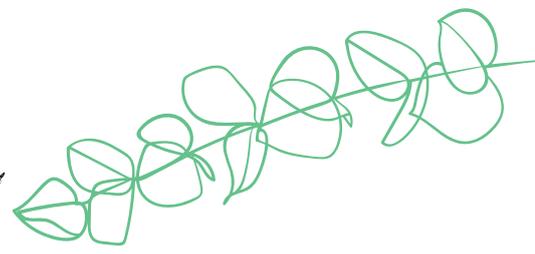
BEST AFRO HAIR WINNER

Little Soap Company Eco Warrior Dry Hair Shampoo Bar, littlesoapcompany.co.uk

Judged by
KESHIA
EAST

HIGHLY COMMENDED:
Flora & Curl Sweet Hibiscus Twist & Braid Cream, floracurl.co.uk
Ayumi Bio-Active Rosemary Growth Hair Oil, ayumi.co.uk

Natural Essentials



SUN/POLLUTION PROTECTION

WINNER

SETT SPF50 Mineral Sunscreen, settsurf.com

Judged by
LYNDA
D'ABOH

HIGHLY COMMENDED
Green People Scent Free Facial SPF15 Sun Cream, greenpeople.co.uk

AROMATHERAPY

WINNER

Drowsy Sleep S.O.S Pillow Spray, drowsysleepco.com

Judged by
ELLIE
CLARKE

HIGHLY COMMENDED
Urban Veda Soothing Body Lotion, urbanveda.com
Olverum Bath Oil, olverum.com

SCENT OF THE YEAR

WINNER

ARGENTUM Apothecary Become, argentumapothecary.com

Judged by
JAYNEY
GODDARD

HIGHLY COMMENDED
Smug Lavendar Pillow Spray sleepsmug.com
Hawkins & Brimble Elemi & Ginseng Eau De Toilette, hawkinsandbrimble.co.uk

BEST NEW PRODUCT

WINNER

Eco By Sonya Driver Serum of Clear, ecobysonyadriver.co.uk

Judged by
JANEY
LEE
GRACE

HIGHLY COMMENDED
Rhug Wild Beauty Deep Cleansing Balm with Wild Berries, rhugwildbeauty.com
Green People Nordic Roots Truffle Night Cream, greenpeople.co.uk

TOOLS OF THE TRADE

WINNER

PEEP CLUB Heated Eye Wand PRO, peepclub.com

Judged by
JUSTINE
JENKINS

HIGHLY COMMENDED
Maui Rituals Grow Strong Kansa Comb Massage Tool maulirituals.com
FOREO Luna 4, foreo.com

SLEEP

WINNER

Drowsy Sleep Co Drowsy Damask Rose Silk Sleep Mask, drowsysleepco.com

Judged by
LYNDA
D'ABOH

HIGHLY COMMENDED
BeeInspired Skincare Peaceful Night Cream, beeinspiredcreams.buzz
Westlab Sleep Bath Salts, westlabsalts.co.uk

ORAL CARE

WINNER

Urban Veda Ayurvedic Tongue Cleaner, urbanveda.com

Judged by
REBECCA
GOODYEAR

HIGHLY COMMENDED
Waken Whitening Toothpaste, wakenare.com
Whites Beaconsfield Teeth Whitening Toothpaste, whitesbeaconsfield.co.uk

BEST INTERNATIONAL PRODUCT

WINNER

MV SKINTHERAPY Rose Plus Booster, mvskintherapy.co.uk

Judged by
CAROLINE
BARNES

HIGHLY COMMENDED
Etide Intensive Hand Cream, etidebotanicals.com
QFN (Quite Frankly Natural) The Double Cleanse - Cleansing Butter Balm, quitefranklynatural.com

BEST BRITISH PRODUCT

WINNER

Hairy Jayne, Natural Beauty Oil, hairyjaynehandmade.co.uk

Judged by
JANEY LEE
GRACE

HIGHLY COMMENDED
Olverum Body Polish, uk.olverum.com
Hemsley Organics Hydrating Skin Mist, hemsleyorganics.com

FEMININE CARE

WINNER

Forage Botanicals Aunt Flo Raw Drinking Chocolate, foragebotanicals.co.uk

Judged by
LE'NISE
BROTHERS

HIGHLY COMMENDED
Salcura Natural Skin Therapy TOPIDA INTIMATE HYGIENE WASH, salcuraskincare.com

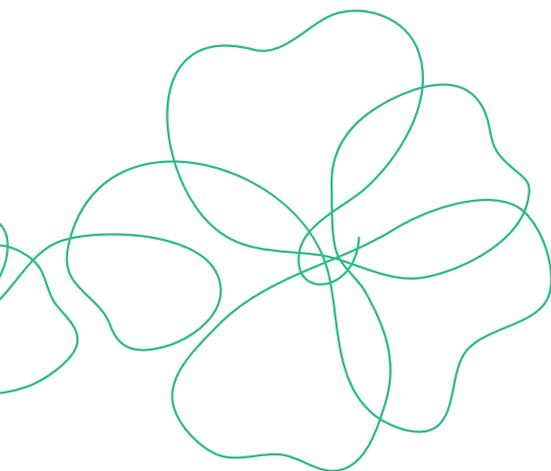
ANTI-AGEING

WINNER

VERDILAB LIFT & GLOW Rose Serum, verdilabcosmetics.com

Judged by
SARAH
HIGHFIELD

HIGHLY COMMENDED
Witchcraft Botanicals Active Prebiotic Daily Face Creme, witchcraftbotanicals.com
Inlight Beauty Under Eye Revive, inlightbeauty.co.uk





For Everyone

SENSITIVE SKIN RANGE WINNER

Judged by
CLAIRE PAPHITIS

Salcura Natural Skin Therapy,
salcuraskincare.com

Judges loved:

- Bioskin Face Wash
- Bioskin Deraspray Intensive
- Bioskin Zeoderm Skin Repair Moisturiser

HIGHLY COMMENDED Westlab,

westlabsalts.co.uk

- Soothing Dead Sea Salt
- Cleansing Himalayan Bath Salt
- Soothing Dead Sea Shower Gel

Ananné, ananne.com

Judges loved:

- Oculissimum Firming Eye Balm
- Cura Oculi Nourishing Eye Cream
- Regeneratio Overnight Repair Mask

BEST PARENT & BABY RANGE WINNER

Judged by
ANNIE CLARKE

Salcura Natural Skin Therapy,
salcuraskincare.com

Judges loved:

- Bioskin Junior Bath Milk
- Bioskin Junior Face & Body Wash
- Bioskin Junior Shampoo



HIGHLY COMMENDED: Neal's Yard Remedies,

nealsyardremedies.com

Judges loved:

- Organic Mother and Baby Collection
- Organic Mother's Collection
- Organic Baby Collection

Balmonds Skincare

balmonds.co.uk

Judges loved:

- Balmonds Skin Salvation
- Balmonds Bath & Body Oil
- Balmonds Rosehip Scar Oil
- Balmonds Natural Shampoo & Body Wash
- Balmonds Cooling Cream

MALE GROOMING PRODUCTS WINNER

Judged by
SCOTT McGLYNN

BARBER PRO WARMING EYE MASK,
barberpro.com

HIGHLY COMMENDED

Bee Cosmetics Beeswax Aftershave Balm,
beecosmetics.co.uk

Biode Into The Woods Deodorant,
biode.com

SKIN-RG

Your Path to Skincare

PERFECTION



As an expert facialist and beauty teacher, Deborah Scott embarked on a journey to redefine skincare

Deborah has dedicated her career to perfecting the art and science of skincare. Her passion led her to establish SKIN-RG, a professional salon skincare brand that has made a huge impact in the beauty industry. Deborah's journey began with a vision to provide the absolute best range of skincare treatments for her clients seeking transformative results. With her expertise, SKIN-RG quickly earned a reputation as a trusted and innovative name. Here she explains more about some of the brand's signature products...

Experience a Skin Evolution

In the ever-evolving world of skincare, SKIN-RG proudly presents the Evolution Range. It's not just a collection of products; it's a paradigm shift in the way we care for and enhance our skin. With an unwavering passion for beauty, SKIN-RG has harnessed the latest advancements in skincare to create a range that stands at the forefront of the industry.

The First Step to Radiant Skin

Crafted with precision and a commitment to quality, our Diamond Blue Cleanser Gel (from £17.50,



skin-rg.com) is more than just a cleanser; it's an experience. Enriched with the goodness of natural ingredients, it effortlessly rejuvenates the skin. Infused with diamond blue Plankton and the brightening enzymes of papaya suspended in hyaluronic acid, this is more than just a cleanser. It's designed to leave your skin feeling stronger, conditioned, refreshed, revitalised and remarkably soft.

Revealing Your Skin's Inner Glow

Your skincare regimen deserves a game-changer, and that's precisely what our C3 Ceramide Moisturiser (from £22.50) is. By replenishing your skin's ceramide levels, it fortifies your natural moisture barrier, ensuring your skin stays supple and firm. Fine lines are no match for this age-defying wonder, as it smooths and rejuvenates your complexion.

Skincare Perfection in a Bottle

The Matrix Serum by SKIN-RG (from £22.50) is like a revolution in a bottle, harnessing new forms of plant active retinol. It is the result of cutting-edge science. With each application, it delivers a surge of enhancement, leaving your skin looking more youthful.

The Power of Two

Phoenix Super C TETRA Eye + Face Serum (from £30) is enriched with a potent blend of high dose clinical ingredients selected to address the unique needs of the eye contour. As you embrace the daily ritual of applying this serum, your eyes will appear brighter and full of life.



BUT DON'T JUST TAKE OUR WORD FOR IT...

The true testament of any product's excellence lies in the experiences of those who have tried and tested it. We believe in the power of honest reviews to paint a real picture. Here's what some of our customers are saying:

"The Evolution Collection within a few days left my skin feeling and looking amazing! I've been blown away by how good their products are!"

Mrs L

"Phoenix Super C has been a game changer for my skin - especially hitting the perimenopausal stage - it has made my skin glow and feel alive again"

Mrs K B

"SKIN-RG products have truly changed my life. I was recommended their products by a therapist who stocked them"

Mrs S



The 2024 NATURAL HEALTH Beauty Awards ARE NOW OPEN

Do you own or represent a natural beauty brand that deserves to shine in the spotlight?

26

Every year we celebrate the very best in holistic and complementary beauty with the Natural Health International Beauty Awards and we're currently accepting entries for the 2024 awards.

Now in its 19th year, the awards are internationally recognised and see more than a thousand products entered across the different categories. From cleansers, shampoo and facial exfoliators, to make-up and body moisturisers, we cover every element of natural beauty and aim to provide buyers with a definitive guide to the best in the market.

All entered products undergo a rigorous testing process, being shortlisted by the knowledgeable Natural Health team, and then further judged by an incredible roster of beauty experts and celebrities.

We have gold, silver and bronze badges up for grabs and winning brands can use these free of charge across all their marketing material.

Keen to know more? Visit naturalhealthwoman.com/awards for more details. Entries close 29th April, 2024.

WHAT COULD YOU WIN?

For 2024, we have a brand new format for our awards, which will see winning brands being awarded with three different types of badges...

Gold badges

Gold winners represent the highest honour for products entered into the Natural Health Beauty Awards. Our judges will select the best products in each category and award a prestigious Gold badge to up to three products.

Silver badges

Silver badges will be awarded by our judging panel of high-profile industry experts. These badges will be given to stand-out products that have impressed the panel with their exceptional quality, innovation, and overall impact.

Bronze badges

Bronze badges will be awarded by our expert team of in-house judges. These badges will be granted to non-shortlisted products that we believe deserve recognition for their excellence in the health and wellbeing industry.



Celebrating 10 Years of ishga

Results-driven seaweed skincare derived from the ocean, backed by science.

ishga

Organic Seaweed Skincare

www.ishga.com

BE KIND *to your* GUT

Nutritional therapist Eve Kalinik reveals why your gut is the key to a healthy immune system and shares five ways to support your health



There are many impressive stats related to our gut, such as we house some trillions (yes trillions!) of microbes in our microbiome and the fact that we produce large amounts of neurotransmitters, like serotonin, that have a role in our mood in there too.

However, many of you might be really surprised to hear that the gut is our largest immune organ, accounting for around 70-80 percent of our immune cellular hard wiring in the body. Whilst other physical and mucosal barriers are working to protect us, including the skin and saliva, most of our body's natural armour is located within the gut!

Here's how it works...

GUT GROUND CONTROL

First, let's look at GALT, or gut-associated lymphoid tissue, which is scattered throughout our gut and essential to our gut's immune system. GALT relies on intricate conversations between our gut microbiome and immune cells to distinguish friend from foe and act appropriately.

Our gut microbiome has a leading role, including producing substances that it uses to signal directly to immune cells and providing a 'boot camp' to educate our immune cells to differentiate between beneficial and potentially pathogenic microbes. The gut microbiome's role is therefore paramount for healthy immune system regulation and why we need to take extra care to help nourish and support it.



LINE OF DEFENCE

The other crucial layer of the gut-immune link lies in the intestinal epithelial barrier, which is just one cell thick. This barrier is essentially what separates our external world from our internal one, and it also has a rather paradoxical role in that, on the one hand, it needs to be permeable enough to extract the nutrients from our food, but on the other, it also needs to watch out for potentially harmful molecules.

This is why we need to aim for a gut barrier that is both flexible and simultaneously vigilant.

SUPPORTING OUR INTERNAL ARMY

Supporting a healthy gut-immune response is a multi-factorial process. Here are some of the ways we can help this...

Eat a colourful, prebiotic-sourced diet

A strong immune system needs a healthy, balanced diet. The essential nutrients for our body are protein, fibre, fat, micronutrients (vitamins A, C, D) and key minerals such as iron, zinc, etc. Most can be found in various foods; therefore, aim to eat a rainbow of protein, vegetables and fruits daily to help support your immune system.

Besides that, prebiotics such as onions, garlic and oats can also support your immune health. Prebiotics are key in feeding our gut microbiome, acting as a fertiliser for beneficial species of bacteria to grow. If you are struggling to get enough prebiotics from your diet, consider using gut health supplements.

Consider vitamin supplements

While a healthy and balanced diet is the most effective way to support your immune health, vitamin supplementation may also be helpful in some cases. For instance, the lack of sunlight during wintertime means our body may require extra vitamin D. Although a small amount can be found in oily fish and fortified foods, many of us may need to add more vitamin D through supplementation to promote bone health and support the normal function of our immune system.

There are many different vitamin supplements on the market, however, studies show that increased consumption of vitamin C, D3 and zinc would contribute to the normal

function of the immune system.

You could look for products containing these vitamins or immunity supplements to support your immune health. Choose the best-quality versions when shopping for health supplements – without added sweeteners and artificial colours.

Stay active

Regular exercise is a key part of maintaining your immune health. In addition, it helps to improve your sleep quality and manage your stress levels.

To keep your body active, the recommended 150 minutes of moderate exercise a week is a great aim, but even 10 minutes of brisk walking daily has major health benefits. Don't forget to rehydrate afterwards.

Manage your stress

High cortisol released during times of chronic stress directly affects how the immune system works. When the body is in constant fight or flight mode, it prioritises survival rather than rest and repair. This stress response restrains your immune system, making fighting infection much harder.

Try to deal with stress levels before they have the chance to build up. Allow yourself downtime for self-care and connecting with others for emotional support. Meditation and deep breathing can also help you manage anxiety and prioritise relaxation.

Sleep soundly

Another way our body restores itself is sleep yet only one third of us get the recommended seven to eight hours per night. Sleep is an important way to help your body rest and repair, contributing to innate and adaptive immunity.

Studies indicate that some immune system parts become functional while we sleep at night. Try to get natural light exposure during the day to help set your body clock, avoid caffeine after midday, maintain a consistent sleep and wake time, wind down at least half an hour before bed with no blue light from screens and avoid salty, heavy meals in the evening. Together, these tips may help you to sleep more soundly and keep your immune system ready to be called into action when needed.



An extra helping hand

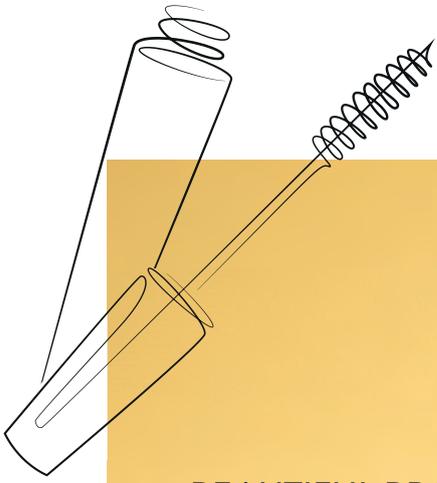
The immune system's health and efficiency are intimately correlated with the condition of your digestive system.

That's where Bimuno Immunity comes in. It's a unique taste-free food supplement rooted in science.

Taken daily, it stimulates the growth of good bacteria in the gut, including the important bifidobacteria, supports your immune system, and provides 100 percent of your recommended daily intake of vitamin D3, vitamin C, and zinc.

Take a one-month trial for just £24.99 or try the best value subscription offer from £44.98 for a three-month supply.

Shop now at [bimuno.com](https://www.bimuno.com)



BEAUTIFUL BROWS

Maintaining bushy, well-groomed brows can become harder as we get older. As we age, our skin loses elasticity, which can cause the hair follicles on our heads to become dryer, but thankfully, restoring sparse brows doesn't have to involve loads of expensive products. Growth serums are a great way to encourage hair growth around this area, but if you want a natural alternative, try grooming your brows morning and night with castor or coconut oil. Both products are naturally derived oils that are full of important fatty acids and proteins, which can restore follicles to their full strength.





Skincare Savvy:
**KNOW YOUR
INGREDIENTS**

**Want to level up your skincare routine?
Discover the products and ingredients you should
use together for maximum results**



Tea and biscuits, Posh and Becks, movie and popcorn – some things are just better together. And that is also true when it comes to skincare. As well as products to pair together, there are certain ingredients to look out for that, when used as together, become greater than the sum of their parts. Complicated skincare layering routines aren't for everyone (and who has the time?) but with a bit of insider know-how, it's easy to power up your beauty routine with some carefully chosen ingredients to suit your skin. Meet the skincare ingredient power couples that support each other to create the most impressive results.

SPF + VITAMINS C AND E

Exposure to the sun's harmful rays can show up on your skin in the form of sunspots, freckles and hyperpigmentation, as well as lines and wrinkles. The bad news is that this damage can lie underneath the skin and not come out until further down the line.

The good news? Vitamin C can prevent these signs of sun damage thanks to its depigmenting prowess; and sunscreen is your best friend when it comes to warding off premature ageing. Combining the two (plus

vitamin E) equals supercharged protection.

"Research has shown that when paired, vitamin C boosts protection provided by SPF, while vitamin E is probably the most important antioxidant for the skin," says Dr Miriam Adebibe, co-founder of Victor & Garth skin clinic (victorandgarth.co.uk). "Vitamin E absorbs the energy from UV light, helps to strengthen the skin barrier, shields skin from free radicals and protects against long term sun damage."

What makes this combination so effective? "When vitamins E and C are combined, they are more effective than either vitamin alone at preventing photodamage and provide the skin with a double dose of antioxidant ammunition," explains founder of Root + Fruit by Wild Science Lab, Zoe Wasfy (wildsciencelab.com). Vitamin E helps to strengthen the skin barrier and shield skin from free radicals and is also very moisturising.

CLEANSER + MASK

It's a cardinal beauty sin to apply a face mask without making sure you've thoroughly cleansed your skin first. You wouldn't eat dessert before your starter now, would you?



It's particularly important to clean away make-up and impurities at the end of the day, and after a workout.

"You need to wash your face immediately after a workout as allowing the sweat to remain on the skin for a long period of time often shifts the balance of the skin microbiome and can allow fungal and bacterial overgrowth," says Dr Sonia, dermatologist and skincare expert for Faace (wearefaace.com). "Also, while perspiration during exercise helps to cool your skin down, it has the potential to dry it out through the loss of fluids and the sodium in sweat can sting and irritate your skin. Eczema can also be exacerbated by sweat which affects the skin barrier and can worsen itching."

EXFOLIANT + MOISTURISER

Achieving a smooth surface on your face is a trusted route to a fresh, glowing complexion. Exfoliators generally fall into two camps: chemical and physical. "Chemical exfoliators (like AHAs and BHAs) use ingredients that chemically dissolve the 'glue' that holds dead and damaged skin cells together, allowing them to be easily lifted away," explains Q+A's product development chemist and skincare expert Faye Purcell (qandaskin.com).

"Alpha-hydroxy acids are more commonly associated with surface-level exfoliation, as they help to even out fine lines, brighten skin tone, and generally smooth skin. They are water-soluble, which helps increase our moisture levels, making them a good choice for dry and stressed skin. AHAs include glycolic acid, lactic acid, and malic acid," she adds. These exfoliating acids are usually applied in the form of a toner.

"BHAs, or beta-hydroxy acids, are oil-soluble, meaning they can penetrate deeper into our skin, helping with blemishes by absorbing into our pores," says Faye. "Salicylic acid is a popular BHA, loved for its ability to fight breakouts and rebalance oily skin while azelaic acid is a bit of an unsung hero."

Then there are the physical exfoliators, which contain tiny particles to buff skin's surface - but choose wisely to avoid any damage. "Any particle with a rough and uneven edge, (like a grain of sugar or pulverised walnut shell) can do more harm than good to your complexion. Crystalline

ingredients have jagged edges which can cause tiny tears on the skin known as micro-abrasions, ultimately leading to broken capillaries, redness, and irritation. These tears allow bacteria in, which can result in breakouts and acne flare ups," warns Faye.

"Thankfully, we now have particles like jojoba beads to make physical exfoliation safe for our skin again. Jojoba esters, like those found in our Niacinamide Gentle Exfoliating Cleanser, consist of a complex mixture of natural, long chain fatty acids. Their spherical shape provides the same gentle exfoliation as a microbead to gently lift away dead skin cells and impurities and as they are biodegradable, it makes them both environmentally friendly and safe for all skin types."

Post-exfoliation is the ideal time to moisturise. Once the dead cells on the out layer of your skin have been removed, your serums and creams can penetrate more deeply rather than simply sitting on the surface, helping you get your glow on.

"Meet the skincare ingredient power couples that create the best results"





Your SKINCARE ROUTINE

Overwhelmed by the mass beauty market and unsure what products your skin actually needs and how to use them? Follow our top guide to getting your beauty regime right

WORDS: LOUISE PYNE

34

From figuring out your skin type to knowing the super-ingredients that will make a difference to your complexion, the world of beauty can be an absolute minefield, but the truth is that taking the time to implement a good skincare routine can be a satisfying and empowering self-care ritual that can dramatically lift inner confidence. “Beauty in particular is the time when we put our own needs above others even just for a short period of time, and a regular beauty routine morning and night helps to keep aggressive skin conditions such as acne, eczema and psoriasis at bay,” says skincare expert Karen J Gerrard (seamsbeauty.com). But if you’re clueless how to get started, our fool-proof guide to how to look after your skin is just the ticket you need.

CHOOSE HERO INGREDIENTS

First of all, remember the quality of the products you opt for are key when trying to implement an effective skincare routine. There’s always innovative ingredients that garner marketing hype, but often going back to basics and scouring product packaging for ingredients that are derived from nature will benefit your skin the most. Our favourite beauty heroes? “Rosehip oil is packed full of fatty acids and vitamins and has many benefits,” says Karen. “It can help calm and repair damaged skin, treat wrinkles, improve elasticity, hydrate and nourish. Shea butter was also known to be used in ancient Egypt by Cleopatra as it soothes and softens skin.”

APPLY PRODUCTS IN THE RIGHT ORDER

No matter your skin type, the order you use your products will determine how much







impact they have on your appearance and starting with a good cleansing routine is paramount to kickstart skin cells.

“Your first step is to cleanse and tone using lukewarm water to remove dirt and pollutants,” says Karen. Next up you should look after the delicate skin around the eye area as this is especially thinner and prone to fine lines. “Rather than rubbing, gently pat eye cream around the eye area. Don’t rush, the key is to allow it to absorb before following with any other products.”

Moisturising products should also be the cornerstone of your routine as they keep skin

“Remember the quality of the products you opt for are key when trying to implement an effective skincare routine”

smooth and supple. “After your eye cream, apply a serum and finish with a day or night time moisturiser,” adds Karen. Massage these products (a 50p sized amount should be more than ample) onto skin with small circular movements, taking care to massage not just your face but also your neck.

BOOST BEAUTY PERFORMANCE

High performing products can be taken up an extra gear by using them in a way which elevates the results they deliver. “For example, when you cleanse, remove your eye make-up first and apply toner to dry



skin with a cotton wool pad immediately after cleansing. Always apply eye cream from the innermost corner of the eye area outwards and when you apply your moisturising products, ensuring that skin is slightly damp will help them to work better," Karen says.

ALLOCATE TIME FOR A FACE MASK

Face masks can effectively address skin concerns, and let's be honest, slathering on a mask whilst putting your feet up can feel wonderfully indulgent. To get the most out of your face mask, you'll need to prep skin first otherwise skin-perfecting results won't be as noticeable.

"You should exfoliate skin first and use your mask once a week," recommends Karen. Before you choose a mask, consider your desired results. Moisture boosting masks will leave skin looking plump and beautifully hydrated, whilst there are masks that help to even out skin tone, minimise pores, and smooth out fine lines. "Use your face mask whilst in a bath or warm shower as the steam helps open up the pores and makes it ready to absorb the active ingredients," adds Karen.

Figure out your skin type

Before you start choosing the best products for your skin, figuring out your exact skin type is the most basic task you'll need to undertake.

Dry

If your skin feels tight and looks rough, especially following cleansing, your skin is probably dry.

Sensitive

Sensitive skin flares up when exposed to certain ingredients such as synthetic fragrance by burning or itching.

Oily

Shiny skin, especially around the T-zone, is a telltale sign of oily skin. Pores might be more apparent and blackheads and spots are likely to break out.

WE LOVE...

Take your beauty routine up a notch with these fab buys



STEP ONE...

Remove make up traces

Try: Evolve Beauty, Kalahari Dream Cleansing Oil, £20, evolvebeauty.co.uk



STEP TWO:

Cleanse all over

Try: SKIN-RG Super Rich Cream Cleanser, £31.50, skin-rg.com



STEP THREE:

Dab on eye cream

Try: Awake Organics Eye Cream, £22, awakeorganics.co.uk



STEP FOUR:

Massage skin with serum

Try: AEOS Realive Serum, £58, aeos.net



STEP FIVE:

Nourish with a day moisturiser

Try: Equilibrium Light Moisturiser, £138, ananne.com



ONCE A WEEK:

Slough away dead skin cells

Try: Vanessa Megan Skincare Prebiotic + C Skin Polishing Exfoliator Powder, £37, vanessamegan.com



WHEN YOU HAVE TIME:

Slather on a face mask

Try: SoPure London Antioxidant Face Mask, £18, sopurelondon.com

IT'S TIME TO SHINE



"I can testify this offers va va voom in the most delicious way"

Effective. Natural. Safe.

www.saskiasfloweressences.com

award winning solutions for modern life

Your guide to **SPF**

How much do you really know about SPF? Our experts bust some common myths and provide their top tips



Remember to apply SPF daily

Thought you only need to wear SPF in the summer or when in direct sunlight? Think again! "It's essential to apply SPF all year round, not just during the summer months or on holiday," asserts facialist Cecilia Ross, founder of Cecilia London. "Sun exposure throughout the year can contribute to premature skin ageing, including fine lines, loss of elasticity and pigmentation, as well as increased risk of skin cancer. Ensure you are protecting your skin throughout the year by applying SPF every day."

Make sure you always apply enough SPF

"The number one mistake I see is simply not applying enough SPF - you need to apply quite a bit to really protect your skin," says Dr Ahmed El Muntasar, GP and award-winning aesthetician. "To cover your face and neck you should use two 'fingers' worth of SPF, so just apply it along two fingers and that's the amount you need. Another mistake is not re-applying the SPF after every few hours. You need to apply your SPF every two to three hours, as most SPFs oxidise on the skin and won't be as protective after some time."

Be aware that darker skin still needs SPF

"Whether you tan easily, have olive toned or dark skin, we all need to apply a high factor SPF," Cecilia reminds us. "All skin types are susceptible to sun damage, so regardless of your skin colour or how easily you tan, apply a high factor SPF 30 minutes before sun exposure and regularly throughout the day."

Don't forget to protect your pout

Even those of us who are fastidious about applying SPF as part of our facial skin routine are sometimes guilty of skipping the lips. As dermatologist Dr Jason Thomson, head of Medical at Skin + Me, explains: "People often don't think about their lips but they get a lot of sun exposure, particularly the bottom lip where we frequently see skin cancers develop, so it's important to wear a sunscreen lip balm." Consider this your reminder.

Don't rely on foundations containing SPF as being enough protection for your skin

So your regular foundation is SPF 50? Great.

But it's unlikely that you'll be applying enough of it (and often enough throughout the day) to give you the right level of protection. "Often women believe that if they have an SPF in their foundation, this is enough, but you need to apply a dedicated sun protection product before your foundation as the last step in your routine for maximum protection," Cecilia tells us. "SPF is the ultimate anti-ager so should be a step in your regime that you never miss out."

Stop worrying about shine

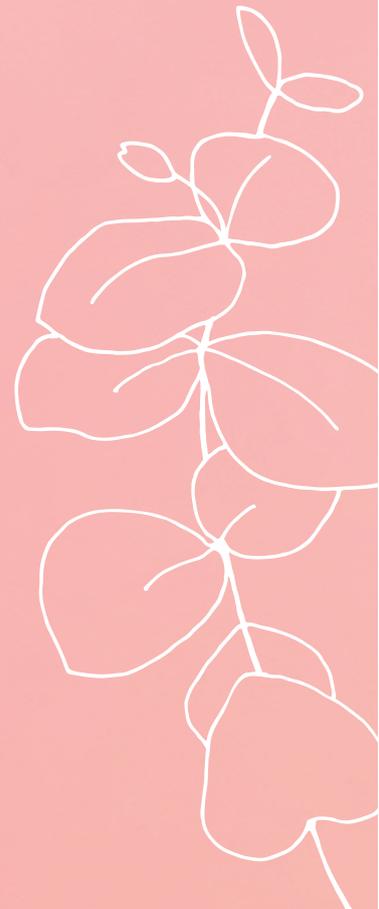
Focus on nourishing your skin. "A mistake I see patients make when their skin gets oily is skipping their moisturiser - or worse SPF - for fear of looking shinier," says dermatologist Dr Carlos Charles, 4.5.6 Skin co-founder and chief medical officer. There are plenty of SPFs out there suitable for oilier skin types. And remember, even oily skin needs nourishment. "It's always important to keep skin well-nourished and hydrated so that sebaceous glands don't overcompensate," adds Dr Carlos.

Remember water-resistant SPF still needs to be reapplied

When you're on holiday at the beach or pool, be sure to reapply your SPF after swimming. "A common misconception is that if a SPF is water resistant, then it doesn't need to be reapplied," Cecilia points out. "It's water resistant, not waterproof! So ensure you are reapplying whether you've been in the pool, sea or are just sweating on a hot day. SPF should be reapplied every two hours at least for maximum protection."

Don't forget about blue light

Remember that there are other types of rays that lead to premature ageing. According to Advanced Nutrition Programme's team of skin researchers, blue light makes up 30 percent of the rays from the sun while UV light only comprises five percent of sunlight. Even though your SPF has been protecting your skin from UV light, you may not have been protecting your skin from blue light. The blue light waves penetrate deeper into the skin than UVA and UVB radiation, causing longer term damage, deep lines, wrinkles, pigmentation, and sagging. Try: Advanced Nutrition Programme Skin Blue Filter £48/60-day supply.



Mindful SKINCARE

The most effective skincare routine is about far more than just the products you use...

“**M**editation is just as important as what you put on your face,” asserts massage and wellbeing expert Beata Aleksandrowicz. “When you meditate, you balance your nervous system, which means your muscles relax, and when you are relaxed there will be improved blood flow and oxygenation.”

Beata recommends meditating as part of your skincare routine before applying oils for facial massage. “10-15 minutes of meditation is enough. If you don’t have time to meditate simply close your eyes, take five deep breaths and slow down and relax. This changes the quality of the skin,” she says.

Facial massage can be deeply soothing and brilliant at melting away stress. What’s more, it can help tone the muscles of your face so that your skin has a firmer structure underneath upon which it can rest.

Not sure how to do facial massage? Try Beata’s simple opening ritual:

- Warm a few drops of oil in your hands. Too much oil will prevent you from grasping the muscles while not enough will cause unnecessary stretching of the skin.
- Apply the oil on your neck from the chest up to the base of the jaw. Keep your hands soft and relaxed.
- Now apply the oil to your jaw with the intention of lifting.
- Do the same on the cheeks and finish on the forehead.
- Take your time, use long, lifting strokes.

You can then begin to work on different areas of your face depending on your concerns. For more tips and ideas follow Beata on Instagram @beata_aleksandrowicz



“Facial massage can be deeply soothing and brilliant at melting away stress”



cleans bigger than it looks



Little brush, big reach – can clean up to 40% more of your teeth than regular brushing

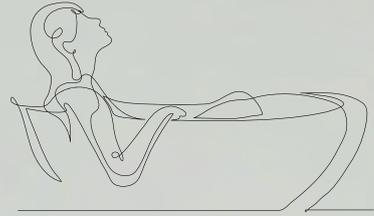
TePe interdental brushes are expertly designed featuring easy-grip handles made with renewable material*. They comfortably get to those hard-to-reach places, getting you closer to 100% clean – we're big on oral health.

Get into good habits at tepe.com/uk



*via the mass balance approach independently certified by ISCC PLUS



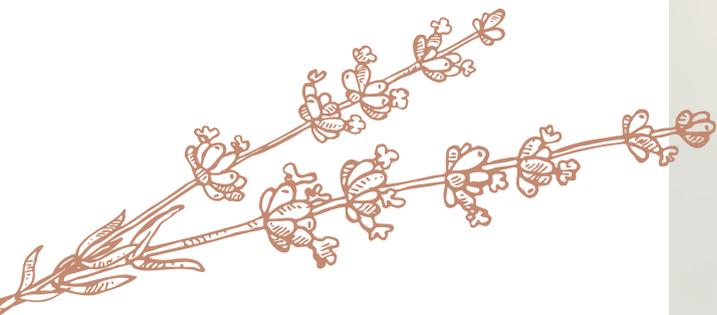


BATH TIME BLISS

Elevate your soak in the tub to something extra special with the help of these dreamy ideas

43





Feeling stressed? Tired? In need of some comfort? A bath is always the answer. With your bathroom door firmly closed and distractions turned off, time spent soaking in the tub is time that's just for you. And, while baths can hit the spot even in their simple form, it isn't hard to elevate them to something truly extraordinary with a few extra touches.

"Not only can baths be incredibly relaxing, but taking time to create soothing bathing rituals could also boost your wellbeing," says Charlotte Vohtz, founder of organic beauty brand Green People. "Time spent in the tub delivers much more than a simple skin cleanse. The bath experience is a form of self-care and a relaxing bath is a great space to reconnect with yourself a moment of 'me-time.' Even a small soak in the tub can do your mood and muscles the world of good – and with the right blend of relaxing bath products, you can relieve your stresses and leave your mind and body feeling relaxed and at ease."

Ready to up the ante on your next bath? Read on for our experts' top tips...

TIME IT RIGHT

A bath can feel a treat at any time of the day but if you're looking to use your bath for a specific purpose, such as helping you sleep, timing it right can be key. As wellness expert Vivien Leung, founder of Verdant Alchemy, explains: "Research shows that a 30-minute soak 90 minutes before you go to bed can help aid sleep. It all comes down to your core body temperature rising and falling, signalling to the body it's time for sleep."

SET THE SCENE

It may sound cliché, but nothing can make a bath feel more like a luxurious treat than a few candles. Dotted around the bathroom, with their flames gently flickering and a calming scent lifting through the air, the right selection can make you feel really relaxed and zen. If you're keen to consider the environment when you shop, look out for sustainable, natural candles made with organic wax (not paraffin, like many



mainstream options) and sustainable wicks.

And for a truly indulgent experience, opt for those featuring uplifting or grounding essential oils, such as lavender, rosemary, bergamot and ylang ylang. Bliss.

GIVE YOUR FACE, BODY AND HAIR SOME TLC

While multi-tasking in the bath doesn't necessarily sound very relaxing, using your time in the tub to show your whole body some self-care can be exactly that.



And it can also bring big advantages. Using a face mask while having a soak, for example, can not only be a nice way to treat your complexion but also can help your skin reap extra benefits.

“Applying a face mask whilst in the bath works particularly well with deep cleansing masks for oily and combination skin, such as those made from mud and charcoal,” says Charlotte. “Showering or bathing first allows your pores to open up from the warm water and steam, prepping your skin for a deeper cleansing experience.”

Applying a hair mask is another great way to utilise your bathtime, and you could also choose to add in a scalp massage, or a bit of self-applied reflexology or acupressure.

ADD SOME OILS

Always believed that beauty oils aren't for you? Think again. We've long been advocates of the benefits of using oils in your skincare regime (they're incredibly nourishing for your skin and great at protecting your complexion), and the same is true for bath oils too.

“Adding an oil to your bath benefits both your skin and your mind,” says Diane Nettleton, the founder of natural skincare brand Gaia. “A good quality bath oil will nourish, soften and lightly fragrance your skin. The warmth of the water allows your muscles to relax and inhaling the aroma of the essential oils through the steam is the fastest way to positively affect your mental and physical wellbeing.” Not sure how to find the best one for you? Diane has this advice: “You should always look for a good quality carrier oil and preferably organic,” she says.

“Jojoba oil has good anti-inflammatory and anti-bacterial properties as well as being very nourishing. Other good carrier oils include sunflower and coconut oil.

“You should choose ingredients to suit your mood or how you want to feel. To feel energised, try citrus ingredients, peppermint

“A good quality bath oil will nourish, soften and lightly fragrance your skin”

and rosemary; for a calming, comforting effect try lavender, chamomile and orange blossom or if you are wanting to feel more grounded ylang, ylang and frankincense are good for balancing.”

ENJOY A MOON BATHING RITUAL

Bath time rituals have long been practised by those looking to rebalance their energy and set intentions for the days ahead. Emma Rosa, a tarot reader and energy healer from *The Mystical Self*, is a big fan of moon bath rituals, which tie in your self-care time to the power of the full or new moon. “Creating a moon bath ritual is a magical way to honour our inner goddess and romance ourselves with some self-care,” she says. “Setting an intention for your bath time creates a ritual to step into, and your own mini bath temple.” She's been working with pure mineral bath salts brand Westlab to create some magical bathing practices.

For a self-love themed ritual, where you can open your heart fully to yourself, try this advice: “Light some candles, infuse your bath with some bath salts and add in some freshly picked rose petals. You could even add a rose quartz crystal if you have one as this stone promotes self-love, self-empowerment and self-worth. Press play on your favourite dreamy soundtrack and speak romantic messages to each and every part of your body. Thank it for everything it does for you. This will instantly change up your energy and open the heart to let more love in.”

TRY A SEAWEED BATH

Okay, we know this sounds a bit strange, but bear with us. Algae and kelp are no strangers to the beauty sphere. In fact, we'll bet you've often seen a seaweed wrap on a spa menu or spotted a type of algae on the ingredients list of a natural beauty buy. And for good reason. There is research to suggest that seaweed can help ease stress, soothe aching muscles and help with skin conditions such as eczema and psoriasis. So, why not add some to your bath?

“The seaweed bath is a remedy,” says Mark Walton, founder of seaweed-focused beauty brand VOYA, who sells bundles of hand-harvested seaweed for those wishing to bathe in it, alongside more traditional skincare products. “It's like a poultice, it draws out toxins and replaces them with essential vitamins and minerals that the seaweed has taken from the sea.”

INLIGHT

b e a u t y

Feed your Skin
Radiate Beauty



- ✓ Handcrafted in Cornwall UK
- ✓ Formulated by Dr Mariano Spiezia
- ✓ Multi Award Winning
- ✓ Waterless & Synthetic Free
- ✓ Suitable for Sensitive Skin

Discover more at inlightbeauty.co.uk

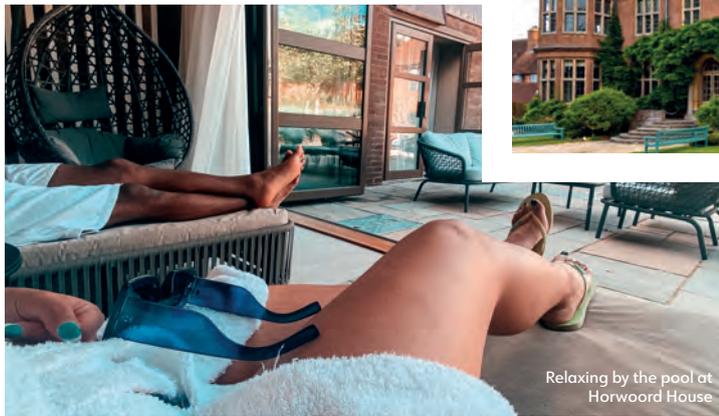
2023
NATURAL HEALTH
Beauty Awards
WINNER
★



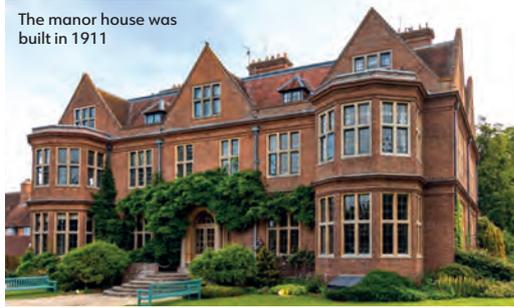
100% organic skincare

SPA TIME

With so many to choose from, finding the best spa break to suit you can seem overwhelming, so we've rounded up some of our favourites to help you choose...



The manor house was built in 1911



HORWOOD HOUSE

Our tester, Nicky Maia, sampled the delights of this stunning country house style retreat nestled in the heart of the Buckinghamshire countryside.

THE SETTING... Horwood House emerges as a timeless haven of tranquillity. Set amidst sprawling greenery and picturesque landscapes, this enchanting estate offers an idyllic retreat. The grounds of Horwood House exude an air of sophistication, inviting you to stroll along manicured pathways, discover hidden corners, and bask in the gentle whispers of the countryside. Stepping into my room at Horwood House, I was embraced by an aura of comfort that was equally matched by tasteful decor. The attention to detail was evident in every corner, from the plush bedding to the carefully curated artwork adorning the walls. The room's ambiance made for a truly inviting escape.

THE FOOD... Indulging in the culinary offerings at Horwood House was an experience that delighted the senses. The afternoon tea was a delicious spread of treats that satisfied both the eye and the palate. While the evening saw me savouring a dinner that showcased the culinary expertise of the establishment's chefs. The fusion of flavours and the artful presentation got top marks.

THE SPA ATTRACTION... The highlight of my spa experience was undoubtedly the 50-minute full-body massage, where Zoe, my skilled therapist, masterfully applied the pressure I desired. Her adept hands worked magic, melting away stress and tension, and

"The highlight of my stay was the full body massage"

leaving me rejuvenated. The spa's serene atmosphere and professional staff added to the overall sense of bliss.

TOP MARKS GO TO... The Horwood House staff. Their genuine warmth and attentiveness made me feel not just like a guest, but like a valued member of their extended family. The staff's hospitality and unwavering attention to detail elevated the entire experience. My stay was a symphony of luxury, relaxation, and impeccable service. Horwood House is more than a destination; it's a journey into refined indulgence.

THE DETAILS... The Country Escape overnight spa stay costs from £149. For the full details visit horwoodhouse.co.uk

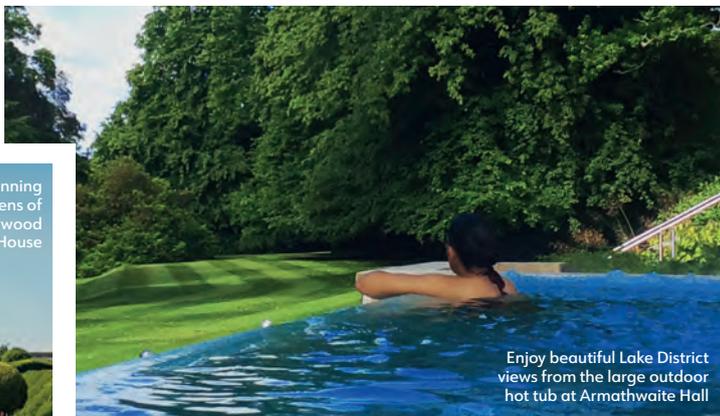
ARMATHWAITE HALL

Our tester, Laura Coppock, enjoyed the 'Rest. Restore. Rewild' experience at this top rated hotel and spa in Cumbria.

THE SETTING... Armathwaite Hall stands in 400 acres of deer park and woodland bordered by the calming waters of Bassenthwaite Lake, against the backdrop of the magnificent Skiddaw Mountain. Here, guests can observe and connect mindfully with some of the world's most beautiful wildlife at the Lake District Wildlife Park, which adjoins the hotel and spa. The idea is to encourage relaxation and tranquility by deepening our connection with nature, and it's fair to say the idyllic scenery here



The stunning gardens of Horwood House



Enjoy beautiful Lake District views from the large outdoor hot tub at Armathwaite Hall



Armathwaite Hall is set in 400 acres of rolling grounds

was certainly conducive to helping me feel peaceful! There is a choice of different room types here, ranging from the traditional to the more modern country style. My room was beautifully traditional and grand, with dark wooden furniture, a huge bed and richly coloured drapes adorning the windows. But the star of the show was undoubtedly the incredible view of the lake and mountains. The tall windows framed beautifully. I felt instantly relaxed walking in the room to that view.

THE FOOD... Even the most seasoned gourmets would not be disappointed here. There is a big focus on utilising the abundance of local, seasonal produce available, including fruit and veg from the walled garden. Think lighter versions of traditional English fayre cooked to perfection. The afternoon tea on the lawn was epic; the eggs and kippers with sourdough at breakfast was equally amazing, as was the evening menu.

THE SPA ATTRACTION... For me, this has to be the huge outdoor hot tub complete with (you guessed it) breathtaking views of the surrounding area and woodland! Nothing

"Here, you can truly re-connect with nature"

beats soaking among the warm jets whilst losing yourself if the natural beauty of the surroundings. There is also an indoor infinity edge pool, dedicated relaxation areas, a thermal suite, plus an extensive treatment menu. What's more, there are innovative wellness packages available, complete with activities such as forest bathing and other mindfulness exercises.

TOP MARKS GO TO... The location – at Armathwaite Hall, you get a definite sense of reconnecting with nature. Whether you're cosying up inside the decadent rooms, exploring the stunning forest within the grounds, or enjoying the local mountains and lakes in the area, this place truly melts away stress. The spa treatments, food and hospitality are the icing on the cake.

THE DETAILS... Laura tried Armathwaite Hall Hotel & Spa's 'Rest. Restore. Rewild.' experience, which costs £150 per person, including a two-hour guided forest bathing session, classic afternoon tea, and a two-hour mindfulness with animals session. For details visit armathwaite-hall.com

BEST OF THE REST

Glass House Detox and Wellness Retreat, Essex
(glasshouseretreat.co.uk)



Super modern, this purpose-built retreat boasts exquisite plant-based food and all the facilities you need to feel fitter and de-stress.

The Spa at Bedford Lodge Hotel, Newmarket
(bedfordlodgehotelspa.co.uk)

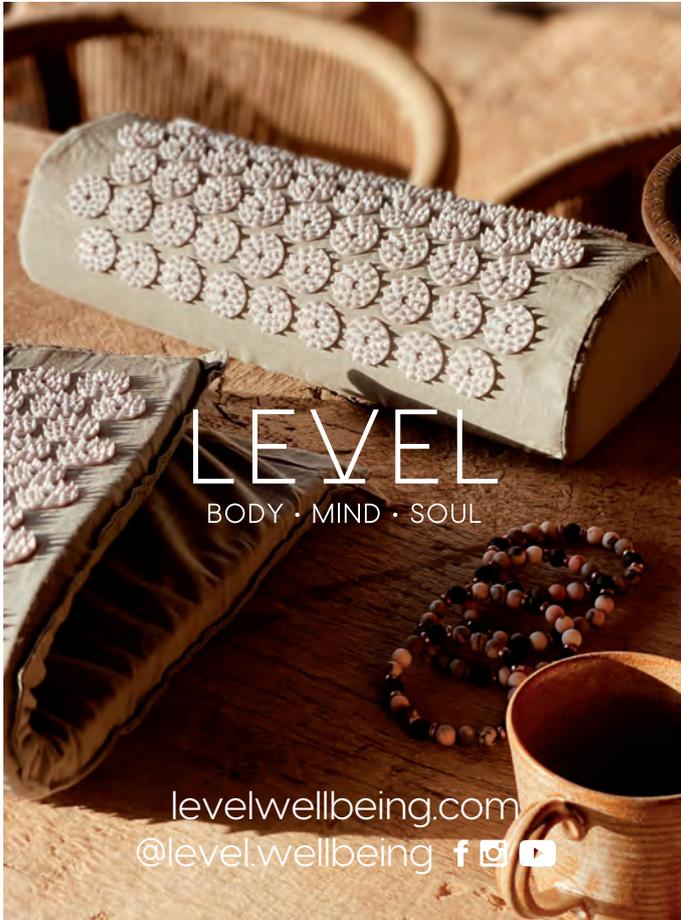


Here, guests can enjoy a 5-star service and a fully personalised experience. Limited to just 45 people at any one time, attention to detail is paramount.

Champneys Spa Resort, Tring, Hertfordshire
champneys.com



Pioneering health and wellbeing treatments since 1925, you can choose from modern and traditional treatments here, and enjoy the deluxe spa facilities.



LEVEL

BODY · MIND · SOUL

levelwellbeing.com

@level.wellbeing f i y



The Ultimate Pilates Bar

Enhance your Pilates workout by using the Smug Pilates Bar to add resistance, improve posture and condition core muscles.



Judge Sam Shaw had this to say:
"This is a really smart piece of kit; perfect to help increase intensity and efficacy of your sessions"

SMUG.



SLEEPSMUG.COM



Want to be part of Shine 2024?

Get your brand seen by thousands of readers



Please contact: julie.freestone@artichokehq.com



@healthwellbeinguk



@naturalhealthwoman

naturalhealthwoman.com

Awards sponsored by:



THE BEST HEALTH & WELLNESS PRODUCTS 2023



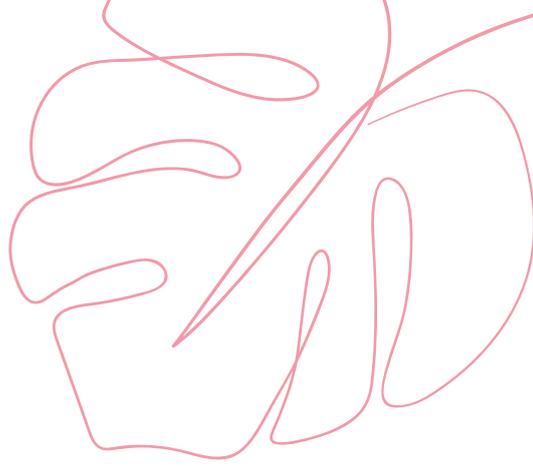
After months of judging and trialling some of the best health products on the market, we're finally ready to announce the winners of the Health & Wellbeing Awards 2023 and reveal what wellbeing buys you need to get your hands on, pronto. Our panel of expert judges, celebrities and influencers (which included the likes of Andrea McClean, Kirsty Gallacher and Katie Piper) have certainly had their work cut out for them as the quality and quantity of entrants was so high this year. But, of course, there can only be one winner.

*Turn over to
find out more...*

51



Nutrition



KITCHEN GADGETS

WINNER

Ninja StaySharp Knife Block,
ninjakitchen.co.uk

Judged by
**AMANDA
BYRAM**

HIGHLY COMMENDED
Ninja Speedi 10 in 1 Rapid Cooker,
ninjakitchen.co.uk

Akinod Straight Magnetic Cutlery,
akinod.fr/en

HEALTHY SNACKS

WINNER

Prodigy Salted Caramel
Chocolate Bar,
prodigysnacks.com

Judged by
**GABI
ZAROMSKYTE**

HIGHLY COMMENDED
Forest Feast NutMilk ChocoMix,
forestfeast.com

Prodigy Phenomenoms Chocolate Oatie
Biscuits, prodigysnacks.com

PROTEIN BOOSTERS

WINNER

BOMIMO The MenoShake
– Chocolate Collagen,
bomimonutrition.com

Judged by
**ROB
HOBSON**

HIGHLY COMMENDED
Nasty Vegan Super Shake,
nastyvegan.co.uk

Jade & Joy Wellbeing Range – Chocolate
Protein Bars, jadeandjoy.co.uk

HYDRATION

WINNER

FHIRST Living Soda Passion
Fruit, fhirst.com

Judged by
**PENNY
WESTON**

HIGHLY COMMENDED
TRIP Elderflower Mint, drink-trip.com

Awesome Supplements Awesome Hydrate,
awesomesupplements.co.uk

GUT HEALTH

WINNER

FHIRST Living Soda Ginger
Mandarin, fhirst.com

Judged by
**GABRIELA
PEACOCK**

HIGHLY COMMENDED
The Turmeric Co. Raw Turmeric & Ginger
Shot, theturmeric.co

Freja Beef Bone Broth, frejafoods.com

HEALTHY COOKBOOK

WINNER

Mind Food: Plant-based
Recipes for Positive Mental
Health by Lauren Lovatt,
waterstones.com

Judged by
**ARINA
KUZMINA**

HIGHLY COMMENDED
28 Days to Gut Health by Clemence Cleave and
Giovanno Torrico, waterstones.com

Plant-based by Alexander Gershberg,
waterstones.com



Health and wellbeing



SLEEP SAVIOURS

WINNER

Silentnight Kids Weighted Blanket 3kg, silentnight.co.uk



HIGHLY COMMENDED

Kiss the Moon Dream Night-tie Bath & Shower Oil, kissthemoon.com
HiGRID Premium Hybrid Mattress, higridsleep.co.uk

WELLBEING BOOK

WINNER

Move Yourself Happy by Dianne Buswell, watkinspublishing.com



HIGHLY COMMENDED

The Face Yoga Journal by Danielle Collins, watkinspublishing.com
The Anxiety Antidote by Kamran Bedi, watkinspublishing.com

FEMININE CARE

WINNER

WUKA Seamless Stretch Period Pants, wuka.co.uk



HIGHLY COMMENDED

Dr Sally's Botanicals Femme Ease Cream, chapelyardorganic.com
Adaptogenic Apothecary Harmony Blend, adaptogenicapothecary.com

54

AROMATHERAPY

WINNER

Comfort Zone Skincare Tranquillity Bath Oil, comfortzoneskin.com



HIGHLY COMMENDED:
Clarity Blend Aromatherapy The Pick Me Up Aromatherapy Roll on Set, notonthehighstreet.com
Elä Life Rest No 5 Flower Travel Diffuser, elalife.uk

ORAL CARE

WINNER

TePe Interdental Brushes, tepe.com



HIGHLY COMMENDED:
Polished London Hydro XP Dental Capsule, polishedlondon.com
Happier Beauty Natural Fresh Mint Toothpaste, happierbeauty.com

WELLNESS APPS

WINNER

Breath Hub, breathhub.app



HIGHLY COMMENDED

DNApal App, dnapal.me
The BrainTap App and Headset, braintap.com

SUSTAINABLE HERO

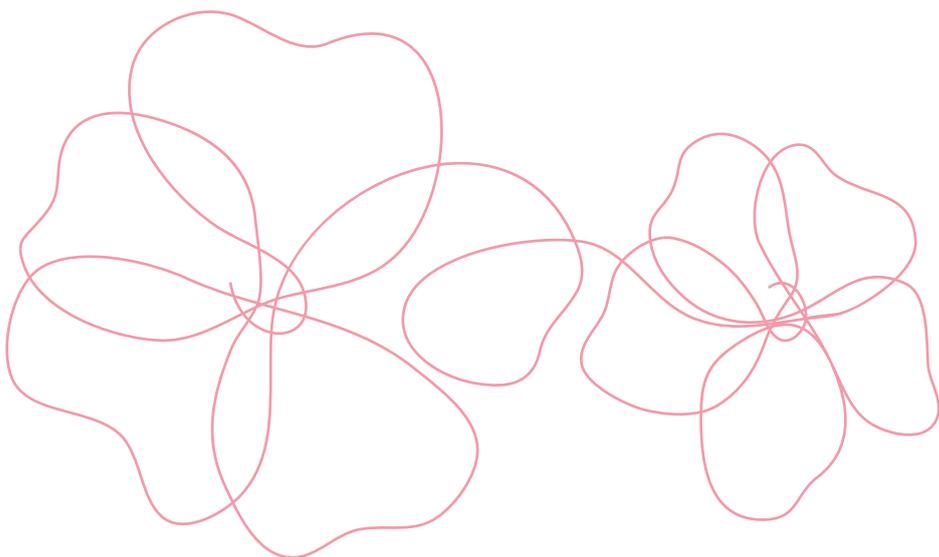
WINNER

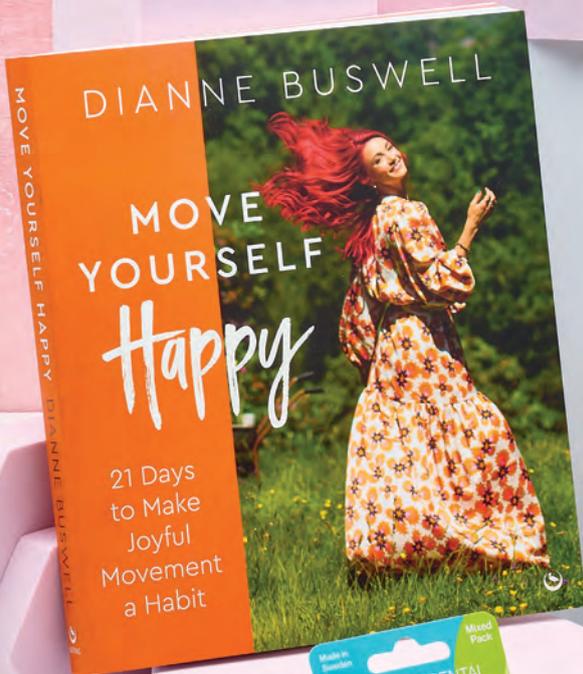
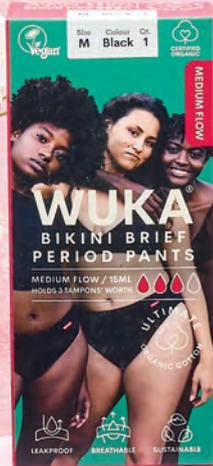
WUKA Ultimate Period Pants, wuka.co.uk



HIGHLY COMMENDED

Fill Plastic Free Camping Kit, fillrefill.co
BAM Bamboo Clothing 73 Zero Denim Jeans, bambooclothing.co.uk

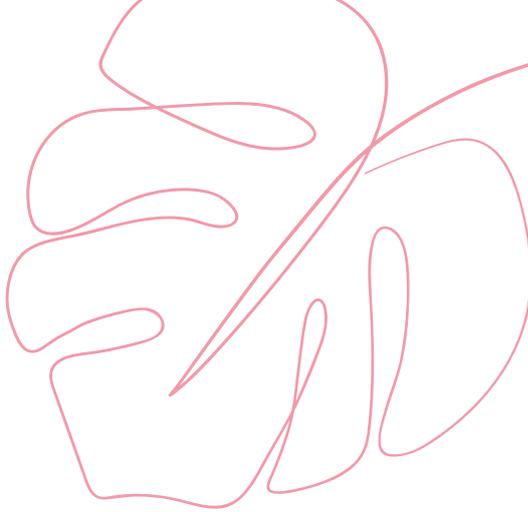






Photography: Box River Studios

Beauty



AGE WELL TOOLS

WINNER

PMD Personal Microderm Elite PRO, pmdbeauty.com

Judged by
ANDREA
McLEAN

HIGHLY COMMENDED:

FOREO BEAR, foreo.com

PMD Clean PRO Gold, pmdbeauty.com

AGE WELL SKINCARE

WINNER:

Ishga Regenerating Face Serum, ishga.com

Judged by
DR DAVID
JACK

HIGHLY COMMENDED

Skin Diligent Vitamin C Serum in Oil, skindiligent.com

Time-line The Day Cream, timelinenutrition.com

HAIR CARE

WINNER

Noughty To The Rescue Treatment Mask, lovenoughty.co.uk

Judged by
ELSPETH
PIERCE

HIGHLY COMMENDED

FILL Hair Wash (orange peel), fillrefill.co

Weleda Revitalising Hair Tonic, weleda.co.uk

COSMETICS

WINNER

INIKA Organic Radiant Glow Veil, inikaorganic.com

Judged by
KIRSTY
GALLACHER

HIGHLY COMMENDED

Jeunvie Natural Skincare Collagen Eye Gel, jeunvie.co.uk

TE WAI Hydrating Facial Mist Spray, tewai.co.nz

BODY CARE

WINNER

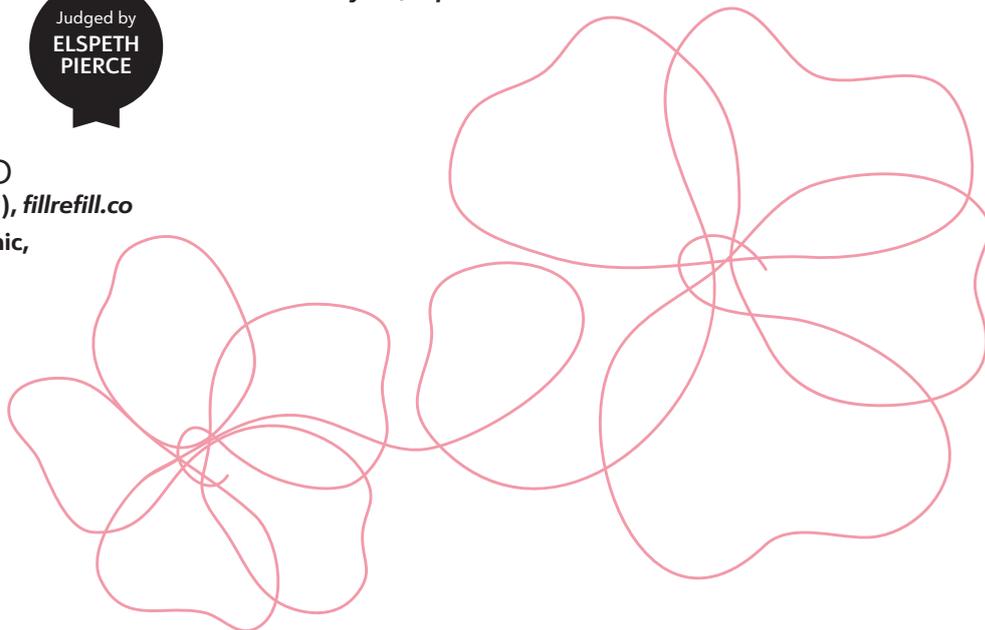
PMD Clean Body, pmdbeauty.com

Judged by
HOLLY
TREACY

HIGHLY COMMENDED

Feather & Down Warming Body Scrub, featheranddown.com

Alteya Organics Organic Rose Otto Radiance Body Oil, sephora.co.uk



DETER *the* BLUR

Wear glasses and love to swim? Prescription swimming goggles could transform your experience in the water

Ever thought of trying prescription swimming goggles? This handy bit of kit is perfect for anyone who would rather not wear their glasses in the pool or doesn't want to risk losing a contact lens or harming their eyes.

Optical goggles look just like regular swim goggles, but instead of standard clear or coloured lenses, they come with prescription lenses. The specialists at Prescription Swimming Goggles offer a fantastic range of swimming goggles and diving masks that can all be fitted with corrective lenses.

The off-the-shelf products can accommodate both long-sighted and short-sighted prescriptions from +8.00 to -10.00. Plus, those with complex prescriptions can be covered by the brand's custom-made ones. And there is a huge range of styles to suit everyone.

58

Finding your style

Whether you're a regular in the water or swim occasionally, you're sure to find a pair to suit your needs at Prescription Swimming Goggles.

Serious swimmers might focus on design or choose their preferred brand, like Zoggs or Speedo. Casual swimmers may base their choices on cost, and this is where Sutton Swimwear's own brand of goggles fit the bill.

If diving is your thing, you're covered here too. Choose from a range of diving masks, with great value models for holiday snorkelers and divers, or leading brands for those looking for something specific.

Pool, sea or spa; look good and see well* thanks to **Prescription-Swimming-Goggles.co.uk**.



Sutton Swimwear SURF Goggles, winners of the Best Fitness Equipment category at the Health & Wellbeing Awards 2023



Sutton Swimwear
CORAL goggles
from £17.50,
prescription-
swimming-
goggles.co.uk

SUTTON SWIMWEAR

There are seven different prescription goggles in Prescription Swimming Goggle's own range, Sutton Swimwear, that start from just £16.50 a pair INCLUDING the prescription lenses:

- SURF: Made from a single moulded mount for added comfort with tinted, green mirrored lenses.
- STINGRAY: Similar in style to the Speedo Vanquisher, featuring slick, low profile mirrored lenses.
- CORAL: Stylish in look and design, they are perfect for outdoor swimming with their tint and mirrored finish.
- ARCTIC: Made from a white, single moulded mount for added comfort with clear lenses.
- SHARK: This has smaller eye pieces making it ideal for small faces and a racing profile.
- WAVE: With consistently high customer ratings, this World Aquatics (FINA) approved model is one of the brand's best sellers.
- REEF: Possibly the only swim mask that also has prescription lenses, it has clear lenses as well as a wide skirt.

To find out more about the Sutton Swimwear range of goggles and the other brands available visit **prescription-swimming-goggles.co.uk**

Fitness

TRAINERS WINNER

Skechers
Slip-Ins Ultra
Flex 3.0,
skechers.co.uk

Judged by
**AMANDA
PLACE**

HIGHLY
COMMEDED
HOKA Clifton 9,
hoka.com

Foot Active Green
Steps ONE,
footactive.co.uk

FITNESS EQUIPMENT WINNER

Sutton
Swimwear
SURF
Prescription
Swimming
Goggles,
prescription-swimming-goggles.co.uk

Judged by
**SAM
SHAW**

HIGHLY
COMMEDED
HOLDERight
Ultimate Grip 4mm
Yoga Mat, holdereight.com
Smug Pilates Bar and
Bag Set, sleepsmug.com



Photography: Box River Studios

LEGGINGS WINNER

BAM Bamboo
Clothing
Flexa Seamless
Running Leggings,
bambooclothing.co.uk

Judged by
**AIMEE
VICTORIA
LONG**

HIGHLY
COMMEDED
Skechers Go
Walk Leggings,
skechers.co.uk
Wellicious C2C
New Leggings,
wellicious.com

FITNESS APPS AND COURSES WINNER

The Body Camp
Mallorca retreat,
thebodycamp.com

Judged by
**SARAH
HIGHFIELD**

HIGHLY
COMMEDED
Sculptrition

Online Weight Loss Coaching,
sculptrition.com

The Six Pack Revolution
The Six Pack Revolution
75-day Signature Programme,
thesixpackrevolution.com

Stylish, Supportive and Sustainable Trainers.



Green Steps



Lightweight & Comfortable



Flat Feet Support



Biomechanical Arch Support



Sustainable Materials



Helping you put your best foot forward.



SAVE 15%
WITH CODE:
HWGS1



Unisex | Available in a range of colours and sizes.

Discover Green Steps ONE: footactive.co.uk/footwear | Tel: 01963 33088

Clinically proven adaptogenic therapy is here



Clinically proven to reduce symptoms of perimenopause and menopause, including reducing anxiety and joint pain and improving mood, sleep and libido.

www.adaptogenicapothecary.com



HARMONY: for women with menstrual cycle symptoms and /or in Perimenopause. The only supplement to change with you as you flow through your 4 phases



FREEDOM: for women who no longer have cycles and/or are on HRT



The

Health &
Wellbeing
AWARDS

2024

ARE NOW OPEN

Are you a health or wellness brand looking to stand out from the crowd? Here's why you need to enter our 2024 awards...

Hot on the heels of the success of the 2023 Health & Wellbeing Awards, our 2024 awards are now ready to accept entries.

As one of the UK's biggest celebrations in the health and wellbeing industry, these awards help form a definitive shopping guide for all those interested in their physical and mental health. And this year, we've launched a brand new set of awards too, focusing solely on supplements.

All entered products undergo a rigorous testing process, being shortlisted by the knowledgeable Health & Wellbeing team, and then further judged by an incredible roster of experts and celebrities.

We have gold, silver and bronze badges up for grabs and winning brands can use these free of charge across all their marketing material.

Want to know more about the different awards we run?

The Health & Wellbeing flagship awards

The Health & Wellbeing flagship awards focus on a huge range of health and wellness categories – from fitness equipment and sleep saviours to beauty products and nutritious snacks and drinks. In previous years, our judges have included the likes of Andrea McClean, Amanda Byram and

"The Health & Wellbeing Awards are one of the UK's biggest celebrations in the wellness industry"

Kirsty Gallacher, and have seen hundreds of different brands crowned with top accolades.

The Wellness From Within Awards

In recent years the supplement market has grown tremendously and that's why we've created the Wellness From Within Awards for 2024 – to help consumers understand which supplement is best for their needs and help brands get their products seen.

With so many options out there, buying supplements can be confusing and we know from speaking to consumers that having such a large choice can be overwhelming. Our aim, therefore, is to help brands stand out from the crowd by awarding innovative and reliable products with a trusted badge of honour they can use in promotional and marketing activity.

The awards feature a broad range of categories, focusing on everything from supplements designed to boost your brain health and improve your skin to multivitamins and sleepy supplements. Our judges are all experts in their field, with qualifications and training in health and nutrition and a keen interest in supplements.

So, what are you waiting for? If you think your brand deserves to shine in the spotlight, enter now. For more information visit healthwellbeing.com/awards. Entries close 3rd June, 2024.



Wake up FEELING REFRESHED

Sleep is so important for our health, but many of us don't quite get the quality winks that we need. Let's change that with some advice from the experts answering common sleep questions

IT TAKES ME AGES TO DRIFT OFF - HOW CAN I FALL ASLEEP FASTER?

Thomas Hemelryk, owner of award-winning Drowsy Sleep Co (drowsysleepco.com), tells us: "Everyone is different, and it may take up to an hour for many people to drop off. The most important question is, are you getting enough quality sleep, and do you wake up feeling refreshed or groggy? I recommend sticking to a strict bedtime schedule every day to help keep your body in sync. In the build-up to bedtime, practise good sleep hygiene by switching off electric devices and using relaxing sleep aids to help your brain wind down. The more relaxed you feel before lights out, the faster you'll be able to switch off and the better quality your sleep will be."

Sleep expert James Wilson (beingwellfamily.com) suggests a few techniques, including meditation apps, breathing exercises, and listening to something relaxing. "You can do this in bed or in another room," he says, "and use earbuds or headphones to target the sound. If you sleep alone or your partner doesn't mind or isn't a distraction, you can do this in bed."

"If you find it annoying being awake while your partner is snoozing away, move away from them if you can, to avoid anger raising your heart rate, making it even more difficult to drift off. Maybe you could go into the living room, keep the lights off and listen using your earbuds or headphones."

WHY DO I OVERSLEEP IN THE MORNINGS?

"Light plays a crucial role in regulating our sleep/wake cycle, as our internal body clock is directly influenced by the natural rising and setting of the sun," explains Jonathan Cridland, CEO of Lumie (lumie.com). "As night falls, your pineal gland starts to produce melatonin (the sleep hormone), which essentially tells your body clock it's night-time. The bright sunrise on a late spring or summer morning signals your body to stop producing melatonin, helping you to wake up refreshed and ready for the day. On short,



WHY DO I STILL FEEL TIRED EVEN AFTER GETTING ABOUT EIGHT HOURS OF SLEEP EACH NIGHT?

Thomas says it's quite normal to feel a bit groggy shortly after waking, so it's best to check in with yourself later on in the day to see how you're feeling once you're fully awake. "If the grogginess continues, it may be a sign that the quality of your sleep hasn't been good enough. In the same way a relaxing bedtime routine helps improve your sleep quality, try an energising wake-up routine with plenty of water and perhaps some gentle yoga to bring in the day. By living a sleep-focused lifestyle and practising good sleep hygiene, your sleep can drastically improve. However, if you still experience severe symptoms, I always recommend consulting a professional."

IS IT NORMAL TO WAKE UP IN THE NIGHT?

In short, yes. According to James: "Everyone wakes in the night, roughly three to six times on average. When we sleep well, we do not remember waking; we come out of our sleep cycle to check we are safe and then turn over and go back to sleep. When we are sleeping poorly, we come out of sleep and start thinking about work, kids, relationships, and so on. This stress raises our levels of hormones designed to wake us up and help us deal with any threats. This is part of our defensive

mechanism from when we had to protect against predators. What we need to do is help our body to feel emotionally and physically secure, so our heart rate will drop and we will fall back to sleep. You could try meditation apps, breathing exercises, listening to something relaxing, and change your mindset around sleep. Often, as poor sleepers, the harder we try, the less likely sleep is to come. So rather than worrying about how we will be tomorrow, we need to remind ourselves that we will always get through it. We might be poor at sleeping, but we are good at being tired."

dull winter days, when you don't get enough light to trigger this waking up process, it may make it difficult to wake up feeling alert.

"If you're oversleeping each morning, it's most likely a sign you're not receiving enough bright light to suppress melatonin production, leaving you feeling sleepy and lethargic. Using a body clock wake-up light, where light gently increases to full brightness, can help to reduce the symptoms of sleep inertia (a desire to return to sleep). This works by signalling your body to stop producing melatonin, rousing you from sleep so you feel wide awake, more energised and ready for the day ahead - without the need to hit snooze."

The Body Camp

A HOLISTIC LIFESTYLE TRANSFORMATION



NEW!

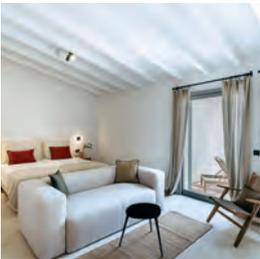
**THE BODY CAMP
UK BIG WEEKENDS
LAUNCH 2024**
(prices from £1250)

Bookings open
in November 2023

RESET, REFOCUS, REFRESH...

Book your holistic 7-day lifestyle transformation with **The Body Camp**

An unforgettable ultimate fitness and wellness experience, the iconic Body Camp retreats offer a world-class "all-in" programme full of fun activities, high-energy fitness classes that are suitable for all abilities and ages, holistic healing, mind coaching and delicious plant-based food served five times daily



MALLORCA

Stunning boutique accommodation set in a private 25-acre estate in rural Sencelles

- New "VIP studio" and four-share lodgings
- Swimming pool, tennis court, work out frames, boxing areas and weights gym
- Access to top therapists and treatments
- Mindfulness and yoga
- Nutrition talks and cookery workshops

5th April - 27th September, 2024.
From £1850 for 7 nights

MARRAKESH

Four-week pop-up at a stunning 11-room venue on the outskirts of the vibrant city in its famous "palms" area

- Tennis courts, heated and unheated pools
- Full menu of treatments and add-on massages.
- Guided-trek in the Atlas Mountains
- Mindful coaching classes and spiritual ceremonies
- Iconic high-octane fun Body Camp programme, Moroccan-style

6th January - 3rd February 2024,
From £2025 for 7 nights

*Subject to availability. T&Cs apply. See website for details (or the wording you require)

Book The Body Camp Mallorca and Marrakesh at
thebodycamp.com



Scan
me!



And **STRETCH...**

Yoga teacher Sarah Highfield shares a gentle yoga flow that will help calm and empower your body and mind

65

One of the many great benefits of practising yoga is its ability to transform both your mind and body, and help you face life feeling more empowered and composed. On days you need to unwind, you might turn to yin yoga or yoga nidra, and on days when you need to power up and enhance your mood, you might turn to vinyasa flow yoga or chanting. Similarly, on days that you need to feel strong and calm, you can practise the following yoga sequence to help you embody those emotions. As with all yoga, transformation takes place from within. By simply adopting these poses and channelling your energy throughout your entire body, you will instantly feel empowered and ready for anything. The deep breathing throughout these poses will help you feel peaceful and measured too.

WARRIOR 1

This pose helps to strengthen your lower body and offers the benefits of a mild backbend. It also stretches the front of your body and creates a gentle twist in your spine. Mentally, it helps you to feel grounded and powerful.

How to do it: Stand with your left foot forward and your right foot behind. With an inhalation, bend your front knee and extend your arms up above your head.

Keep your core lightly engaged, move your torso forward and reach up high through your fingertips. Hold the pose for five deep breaths in and out of your nose and then repeat on the second side.



WARRIOR 2

This pose provides a deep hip stretch and strengthens your core and upper body. It helps to build awareness of your whole body, as well as develop mental stamina and concentration.

How to do it: Start with your left foot forward and your right foot behind. With an inhalation, lift your arms up so they are parallel to the floor and with an exhalation, bend your left knee so that it is above your left heel. Keep your core lightly engaged, soften your shoulders away from your ears and extend out through your fingertips. Hold the pose for five deep breaths in and out of your nose and then repeat on the second side.

REVERSE WARRIOR

This pose stretches and opens up the front and sides of your body, releasing tension and allowing for a freer, deeper breath. It also strengthens your legs and shoulders, and stretches the hips and inner thighs.

How to do it: Start with your left foot forward and your right foot behind. With an inhalation, lift your left arm up towards the ceiling and lower your right hand onto your right thigh for support. Engage your core, lengthen your spine, lift your chest up, relax your shoulders away from your ears and look up towards your top hand. Hold the pose for five deep breaths in and out of your nose and then repeat on the second side.





WARRIOR 3

This pose works to grow your sense of stability and balance. It also trains the small muscles of your feet and ankles, and helps your mind to stay calm under pressure.

How to do it: Start in mountain pose with your hands in prayer position at your heart centre. On an inhalation, lightly engage your core and lengthen your spine, and on an exhalation, transfer your weight into your left foot and slowly tilt forward while raising your right leg backwards. Come into 'T' shape, flex your back foot, and square your hips towards the floor. Hold the pose for five deep breaths in and out of your nose and then repeat on the second side.

GATE POSE

This pose stretches and strengthens your shoulders and arms. It provides a deep stretch to your inner thigh and helps to tone your core, as you will need to keep this braced for good balance.

How to do it: Start by kneeling on your left knee and extending your right leg out to the side of you. Next lift your left arm up above your head, and rest your right hand on your right thigh. Lightly engage your core throughout and continue to lengthen up and out through your top fingers as much as you can. Hold the pose for five deep breaths in and out of your nose and then repeat on the second side.



Born in Hong Kong and based in London, **Sarah Highfield** is a leading international yoga teacher and writer. She is the founder of Yogagise Yoga and believes there is a style of yoga for everyone. Visit yogagise.com for more or follow her on social media: @yogagise



JUST GETTING STARTED WITH YOGA?

Sarah has the below tips...

1 Go slow

There is no need to rush into practising yoga, it should never be something that causes stress or anxiety. In fact, yoga is most enjoyable when you take your time to learn the poses and the philosophy. Yoga will help you find serenity within, but that will not happen if you rush. Try to feel comfortable with stillness and take baby steps.

2 Find your breath

A large part of yoga is conscious breathing and breathwork, so start to get used to breathing with your full awareness and completely filling up your lungs with each inhalation. As you move further through your yoga journey, you will come to realise just how important your breath is and how it guides you through the poses (and life!).

3 Use yoga props

Some beginners are afraid to use yoga props (blocks, straps, etc) but they are perfect for beginners. They help you find your balance in poses, encourage good posture and alignment, and support you as you move deeper into stretches.

4 Wear comfortable clothes

When you practise yoga, make sure you wear clothing which does not feel restrictive as you need to be able to move and breathe freely. In the cooler months, always have a long sleeve layer nearby as you want to keep your body warm while you stretch.

5 Attend a beginner's yoga class

It might sound obvious but a good in-person beginner's yoga class with an experienced yoga teacher will help set you up with a strong foundation to build your practice on.



10-min SUPER Sweat

Love working out but don't have enough time for a long session? Here's a super quick workout to get your heart pumping. Enjoy!

WORDS: KRISTOPH THOMSON

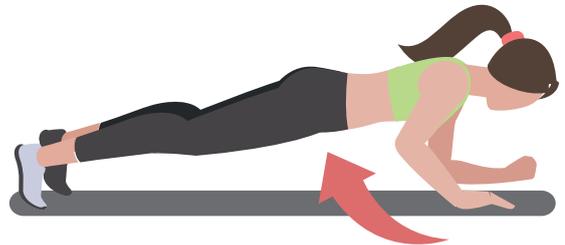
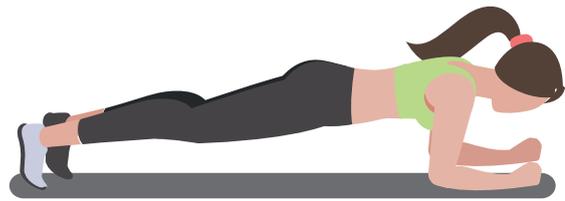
68

It is possible to get a great workout in just 10 minutes; the trade-off is that you need to push yourself out of your comfort zone and ramp the intensity right up.

Perform each move for 20 seconds, aiming to do as many reps as possible in that time. Give yourself 10 seconds to recover then move on to the next exercise. Complete the circuit four times in total. If possible, try to remember how many reps of each exercise you managed, then aim to beat that target the next time round.

ABOUT THE EXPERT

Kristoph Thompson is a highly experienced personal trainer, fitness writer and is also director of Sideways8 Training, delivering Active IQ health and fitness qualifications.



Plank transfer

- 1 Begin in an elbow plank position with your elbows directly under your shoulders, your body in a straight line from head-to-toe.
- 2 Place your right hand, then your left hand, on the floor and straighten your arms to come into the top of a push up position.
- 3 Reverse the movement to return to the start and repeat, leading with the other arm. Switch to a modified plank with your knees resting on the floor if you feel your lower back arching or if your hips start to sag down towards the floor.

Treadmills

- 1 From the top of a push-up position, step one foot in towards your hands. This is your starting position.
- 2 Jump the front foot back, while bringing the other foot forwards then quickly reverse the movement. This counts as one rep.
- 3 Continue, moving as fast as you can.



Thruster

- 1 Begin standing holding a dumbbell in each hand, with your hands just in front of your chest.
- 2 Bend your hips and knees to come into a squat position.
- 3 Straighten your legs, taking your arms up above your head and pivoting on the ball of your right foot to turn your upper body to the left.
- 4 Reverse the movement to come back to the start then repeat, turning to alternate sides with each rep.

"It is possible to get a great workout in just 10 minutes"



Plyo push up

- 1 Begin in a box or modified push-up position, with your hands under your chest and slightly wider than shoulder-width apart.
- 2 Lower your chest to just above the floor then, as quickly and powerfully as you can, push through your hands, straightening your arms and taking your hands off the ground momentarily.
- 3 Place your hands back on the floor and repeat, switching to a regular push-up if you're not able to take your hands off the ground.



"Try to beat the amount of reps you perform each time you do the circuit"

25%

of people in the UK regularly do home workouts rather than gym sessions

Sport England

High knees

- 1 Begin to jog on the spot then increase the pace, bringing your knees up level with your hips. Drive your arms up and down to help generate momentum and to involve the upper body.
- 2 Land softly and quietly, aiming to keep your feet in contact with the floor for the shortest amount of time possible. Keep your back straight, without allowing it to arch and leaning backwards. When viewed from the front, your hips, knees and ankles should be in a straight line.



CHOOSING THE RIGHT ACTIVEWEAR

Make your workout gear work harder for you by getting just the right support

WORDS: LIZ FROST

You want to look and feel great when working out or stretching, but if your kit isn't doing its job, it can really have an impact. "At best, bad kit can be slightly annoying, for example a cotton tee becoming saturated and heavy with sweat or a vest with fiddly straps that won't stay put," says sportswear designer Lily Rice. "But bad kit can also have long term effects. Sports bras, for example, need to be up to the job or the impact of sport can cause permanent lifelong damage. Footwear is another important area to consider, as not only can poor choices here lead to painful blisters, but can cause sprains and worse!" So, how can we choose a kit that hits all the right notes, and still makes us feel all-powerful?

We asked the experts for their advice...

SPORTS BRAS

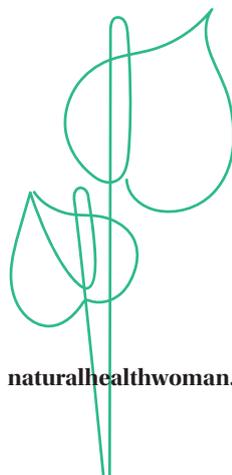
As personal trainer and wellness expert Rachael Sacerdoti (@itssosimple_rs) explains, there are so many different levels of support out there when it comes to sports bras, so it is important to concentrate on two things - your bust size and the activity you will be using it for. "Everyone should opt for high support if partaking in vigorous cardio activity such as running," she says. "It's really important to protect the breast tissue so making sure you have adequate support is vital and it is definitely worth getting refitted for your bra size regularly as your size can fluctuate, especially if you have been lifting weights. Those blessed with a fuller bosom should always choose something that holds with a firm structure, but that doesn't restrict anywhere, front or back. For more gentle



exercise, such as yoga, you can go for something softer with medium support that will ensure everything is kept in place. I always advise buying at least two sports bras once you have found the perfect one for you - this will keep them fresher for longer."

LEGGINGS

With so many leggings available on the market it can be hard to know what pair are for you. "Waistbands here are key," says Lily. "You want a nice snug fit that's not too tight





I prefer seamless styles as they offer ultimate comfort, but that have a properly fitted waistband so that they will stay up. When you are weightlifting you need something that will give (think of those squats, ladies!) but that will also hold its shape and not rise or start to fall down. Quality is vital here too, with fabric, give and comfort all high on the agenda when you are choosing. And always go for proper sports leggings rather than casualwear leggings as these will stand the test of time. Also, with all close-fitting items, I advise to opt for breathable, dry-quick fabrics.”

VESTS AND T-SHIRTS

It goes without saying that vests and t-shirts should be made of a light, breathable or wicking fabric. But Lily suggests looking for soft seams, too. “Flatlock is a visible seam that is flatter and therefore less abrasive than traditional stitching. On t-shirts a diagonal shoulder seam – from the armpit to the shoulder – is called a raglan. This gives you the best range of movement in the garment – worth considering for running or tennis.”

If you’re new to sport and want to cover up, it can be tempting to go for baggy t-shirts or vests, but this isn’t always the best approach. “Oversized kit can actually restrict your movement, make it hard to use equipment and become heavy as you progress,” says Lily.

ADDED EXTRAS

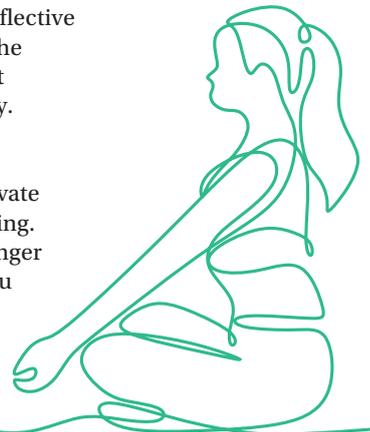
Comfy? Now consider any added extras. Does your running jacket need to be waterproof? Do you need pockets, or a place to hold a phone? How will you carry your water bottle? If you’re exercising at night, consider whether you’ll need reflective materials. These are the sprinkles on the cupcake, but can be equally important for making your workout run smoothly.

So, buy kit that you love and feel comfortable in. Not only will great kit keep you looking good but it will motivate you to get out of the door and keep going. Plus, the more you love your kit the longer you’ll keep it, meaning it’s good for you and good for the planet.

“Buy kit that you love and feel comfortable in. Not only will great kit keep you looking good but it will motivate you to get out of the door and keep going”

and certainly shouldn’t feel uncomfortable. Check in the mirror before purchasing, and don’t just stand still but bust a few squats and lunges to check the fabric is up to the job, too. Look for pockets if you plan to do outdoor sports and need to stash keys and phones. And always buy leggings with a gusset (a triangular piece of fabric in the crotch)!”

“Always work with your normal dress size and purchase according to the type of workout,” Rachael adds. “You want leggings that will not restrict your movement;





5 ways **TO STAY HYDRATED**

Keeping on top of our water intake is key to good health – but it's often easier said than done. These tips can help...

72



1 DRINK WATER FIRST THING IN THE MORNINGS

We know we're supposed to drink about six to eight glasses of water a day, so start early. "Keeping hydrated is important for so many reasons," says hydration expert Dr Emma Derbyshire (nutritional-insight.co.uk). "Dehydration may contribute to more long-term effects that go beyond headaches, such as constipation, reduced kidney function and mental confusion, so it's vital to ensure fluid intake is in keeping with the recommended guidelines." Most people tend to wait until they're thirsty before filling their glass, but you could already be dehydrated by this point. "Start the day with a large glass of water to top up your body's water levels before the day begins," suggests Dr Emma. Trying to hit your target before it gets too late in the evening can be beneficial too. After all, downing too much water close to bedtime can disrupt your sleep as you'll need to get up in the night to pee.

2 HAVE A STRATEGY

Going without drinking fluids for long periods can lead to headaches and lower concentration levels. This is why it's better to have a plan, says Mark Gilbert, nutritionist for The 1:1 Diet by Cambridge Weight Plan (one2onediet.com). "Always ensure you've got a bottle handy when you're heading out, so you can top up your body's water levels before dehydration strikes."

3 INFUSE YOUR WATER TO ADD EXTRA FLAVOUR

Water should be your first port of call to quench your thirst, but it's not exactly flavourful, so make your regular glass more exciting with fresh fruit. "If you don't like the taste of plain water, add slices of lemon, lime, orange, ginger, strawberries, mango, kiwi or cucumber," advises Egle Dackauskaite, a leading nutritionist at John Bell & Croydon (johnbellcroydon.co.uk). Another all-natural way you could pep up your water is to experiment with ice - try making ice cubes out of low-sugar juice and add them to your water. Herbal teas, such as mint, lemon balm and raspberry leaf, can be also very refreshing and count towards your goal.

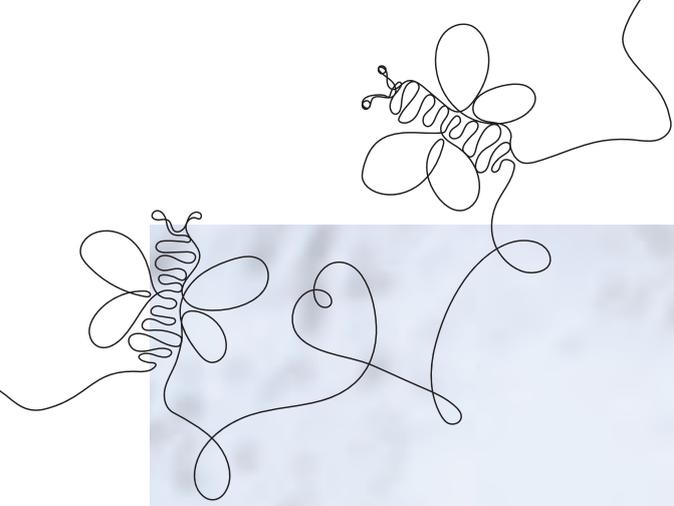
4 EAT HYDRATING FOOD

If you're finding it a struggle to reach the recommended guidelines, don't forget that you can up your intake by eating foods that contain a lot of water. These types of foods include tomatoes, celery, lettuce, watermelon and cauliflower. "Most fruit and vegetables are made up of more than 70 percent water and, even when it's cooked, most meat and fish are over half water, too," says Mark. "Eggs are 60-70 percent water (depending on how you cook them), and even bread is about 40 percent water. If you eat an apple, which is about 65 percent water, you'll be getting over 100ml of water in that one portion." And remember that things like soups and smoothies all count towards your hydration levels, too.

5 BE AWARE OF THE WATER YOU LOSE

When thinking about staying well hydrated, make sure you bear in mind the amount of physical activity you are doing along with the weather and, crucially, your sodium levels. "If you're exercising for long durations in the heat, your body requires extra sodium so you can perform at your best," informs Mark. You can lose water just by breathing, but if you're in a hot environment or are working out in the heat, it's important to replenish levels before, during and after your exercise, according to registered nutritionist Johanna Hignett. "When we exercise, we need to drink water to compensate for what has been lost through sweat," she explains. "This will also help to regulate your body temperature, lubricate your joints and help your brain to function properly, so you can really make the most of your workout."

"Don't wait until you're thirsty, you could already be dehydrated"



MAKE BREAKFAST COUNT

How much fruit and veg have you had today? It's likely that your answer is 'not enough' – and if it is, you're not alone, as some research has found just 27 percent of adults are eating the recommended five portions per day. So, what can you do?

One piece of advice we love to follow is to start your day right. After all, breakfast doesn't have to mean a bowl of cornflakes or a piece of toast. There are lots of options for your AM meal that can help you ramp up your fruit and veg intake from the beginning of the day.

Why not have an omelette that's packed with vegetables, for example? The great thing about this dish is that you can throw in any veg you've got in your fridge, so it's an easy way to use up things that may have gone to waste otherwise – all you need to do is lightly cook the vegetables before you add them to the pan.

Not sure you've got the time to cook in the mornings? No problem – you can prepare overnight oats the night before and wake up to a delicious, filling breakfast. Simply mix oats with milk, plus your favourite flavours (we love to add a spoonful of honey to ours) and put it in the fridge until morning.





Healthy snacking, **MADE EASY**

Say goodbye to crisps and biscuits and instead enjoy some of these tasty and simple-to-make snacks...

SAVOURY GRANOLA BARS

These are a great little energy booster and perfect when you're feeling peckish in the morning

SERVES 16

- 300g granola (such as Bio&Me's Cashew & Almond Granola)
 - 50g finely grated aged parmesan, plus 2 tbsp to top
 - 80g gluten-free brown flour or an alternative such as oat, buckwheat or almond flour
 - 100g chopped sun-dried tomatoes in olive oil
 - ½ tsp garlic powder
 - ½ tsp oregano
 - ¼ tsp cayenne pepper
 - ½ tsp sea salt
 - ½ tsp fresh ground black pepper
 - 3 organic eggs
 - 2 tbsp olive oil from the jar of sundried tomatoes
1. Pre heat the oven to 180°C fan.
 2. Line a baking dish with parchment.
 3. In a large bowl, combine all the ingredients thoroughly minus the extra parmesan to top.
 4. Empty into the prepared dish and smooth down. Sprinkle with a little extra cheese and bake for about 20 minutes.
 5. Allow to cool completely before cutting into bars.
 6. Store in an airtight container.

Recipe from Bio&Me (bioandme.co.uk)





3-INGREDIENT ENERGY BALLS

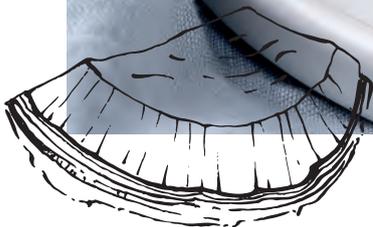
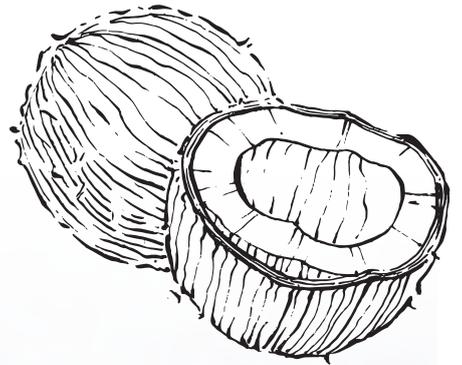
We love how simple these energy balls are to make - and they're delicious too

SERVES 10

- 1 cup of Brazil nuts
- 1 cup of raisins
- 1 cup of desiccated coconut plus extra for the coating
- 1 tbsp raw cacao or cocoa powder (optional)
- Pinch salt (optional)

1. Blend all of the ingredients together using a high-powered blender or food processor.
2. Form into small energy balls and then dip into a bowl of desiccated coconut to cover.
3. Place in an air-tight container and keep in the fridge. They should keep fresh for a week.

Recipe from veganrecipeclub.org.uk



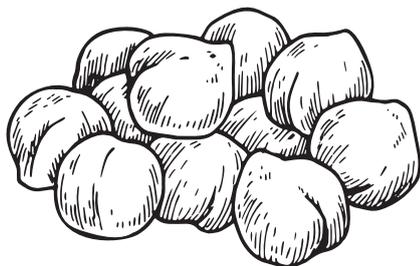


HUMMUS WITH SPICY SEEDS

This is a great snack to enjoy with veg sticks (think carrots, peppers or cucumber) or even breadsticks

SERVES 4

- 1 can of chickpeas
- 2 tbsp olive oil juice of 1 lemon
- 2 tbsp of well-stirred tahini
- 1 small garlic clove, minced
- ½ tsp ground cumin
- 2 to 3 tbsp water or aquafaba (the juice from the chickpea tin)
- Seasoning, such as salt, pepper and paprika
- A handful of spicy seeds (such as Munchy Seeds' Spicy Peri Peri Seeds)
- Drizzle of olive oil to serve



1. In a food processor mix the tahini and lemon juice for a good minute, then scrape round and do it again for another 30 seconds, so that it looks light and creamy. Add the olive oil, garlic, cumin and seasoning then process for a further minute.

2. Drain the chickpeas (retaining the aquafaba if you want to use this). Add half of the tin and process for 1 minute. Scrape the sides again and add the remaining chickpeas. Process for a further 2 minutes.

3. The hummus may still be quite thick, so add water or the aquafaba at this stage and mix again to a smooth and creamy consistency. Taste for seasoning and add a little extra where necessary.

4. Serve on a platter with a drizzle of olive oil and a generous sprinkle of seeds. You can store it in an airtight container in the fridge for up to a week.

Love hummus?

One of the great things about making your own hummus is that you can add loads of other delicious flavours, such as red pepper, beetroot and even peas.

Try the below recipe for sun-dried tomato hummus, courtesy of Nairns (nairns.com) and Healthy Twists ([instagram.com/healthy_twists](https://www.instagram.com/healthy_twists)). They suggest serving it on top of oatcakes for a tasty, nutritious mid-morning snack.

To make the hummus, drain and rinse a tin of chickpeas. Add that plus 140g sun-dried tomatoes, 3tbsp tahini, the juice of half a lemon, 4tbsp extra virgin olive oil and 4tbsp of water to a food processor and blend until smooth. Season to taste.

To serve, top the oatcakes with sun-dried tomato hummus, a sun-dried tomato and some toasted pine nuts sprinkled on top.



Protein: THE FACTS

Find out how protein could help you achieve your health goals

Protein is an essential nutrient that serves many different functions of everyday life, whether you have a fitness goal or not. But, before you go stocking up, there are a few things you should know first.

WHY IS PROTEIN IMPORTANT?

Protein is one of three macronutrients (fat and carbohydrates are the other two) which is responsible for forming and repairing muscles, as well as many of your body's metabolic functions. "Your organs, tissues, muscles and hormones are all made from proteins, so you need to pay attention to how much you're including in your diet, as it's used by every single part of your body to develop, grow and function properly," explains nutritionist Pippa Campbell (pippacampbellhealth.com).

Protein comes into its own as you age, registered nutritionist Rhiannon Lambert (rhitrition.com) points out. "Amino acids also play a role in many chemical reactions that take place [in your body], including immune responses and the production and release of hormones. Plus, as you get older, your muscle mass will naturally start to decrease and your body becomes less efficient at using protein, so it's important that you maintain your intake or even slightly increase it, as well as continue with regular movement and/or strength-based exercise like yoga or Pilates."

HOW MUCH DO YOU NEED?

Casey Seamon, health coach manager at Noom and a registered dietitian nutritionist, says that 10 to 35 percent of your plate should be made up of protein, no matter what your

health goals are. "A good rule of thumb is to aim for about 0.8 grams per kilogram of body weight, and to go up to 1.6 grams per kilogram if you're engaging in high-intensity exercise regularly. This is to account for the additional protein needed for muscle growth that comes with regular exercise."

Quality, Pippa says, is also key. "Ideally, a meal would contain around 20 to 25g of protein, which you can find in one chicken breast or salmon fillet. Breakfast can be a great way to get more protein, and this is where shakes and smoothies can come in handy." You can boost your intake with whey or pea protein, but make sure they're good quality and contain all the essential amino acids.

If weight-loss is your goal, give protein a starring role on your plate. "Protein is a great way to crack sugar and carb cravings, as it balances your blood-sugar and regulates the hunger and satiety hormones, ghrelin and leptin," Pippa says. "Getting adequate dietary protein is also an important factor in boosting weight loss, as it has a thermic effect, meaning it takes longer and more energy to digest, and you'll feel fuller for longer after consuming it."

WHICH FOODS TO CHOOSE?

Need some pointers on what to fill your shopping trolley with? Casey suggests beef, turkey, chicken, eggs, fish and milk. Vegetarians and vegans will be relieved to know that there are plenty of options, such as tofu, beans, nuts and seeds. And while we're on the subject, Pippa says it's definitely doable to achieve your RDA of protein if you don't eat meat. "The 'best' source of protein will be the kind you enjoy adding to your meals and that keeps you full and fuelled," Casey adds.

"Overall, the 'best' source of protein will be the kind you enjoy adding to your meals and that keeps you full and fuelled"

Superfood **SAVERS**

Healthy foods don't have to be expensive, despite what we might have been led to believe. The following humble ingredients are not only kind to your budget but also super beneficial for your health...



BROCCOLI

Cost: Approximately 70p for a full head

Broccoli has a reputation for being one of the healthiest of all the vegetables, and for good reason. It contains high levels of fibre, vitamin C, vitamin K and folic acid and plant compounds that can help to balance hormones and support detoxification. Research has also shown that consuming steamed broccoli regularly can lower the risk of cardiovascular disease by reducing the amount of cholesterol in the body. All that for less than £1? Yes please!

LENTILS

Cost: Approximately £1.90 for 500g

Hands up if you've got a packet of lentils sitting at the back of your cupboard, forgotten and unused? You won't be alone, but these humble seeds are not to be overlooked. Lentils are a great source of plant protein with high nutrient levels and studies have shown that regularly eating them can help reduce your risk of diabetes, obesity, heart disease and cancer. Lentils are high in what's known as phenols – protective plant compounds which mean they have great levels of antioxidants and an anti-inflammatory and anti-viral effect. They're also rich in prebiotic fibre, which supports our gut, and a good source of iron, fibre, magnesium and B vitamins. If that's not enough of a reason to move your unloved packet to the front of your kitchen shelf, we don't know what is!



BANANAS

Cost: approximately 18p

Bananas are often disregarded for their vitamin C-rich cousins, such as berries or citrus fruit, and while these other options do have plenty of nutrients to write home about, you can't beat the humble banana. Generally priced at less than 20p per serving (compared to about £1 for blueberries), this delicious offering also has plenty of benefits to boast about.

Bananas are generally known for their high potassium content, which helps to support cardiovascular health as well as other key functions in the body, but they also contain more good-for-you nutrients including tryptophan (which converts to the happy hormone serotonin) and pectin (which helps lower cholesterol and support our gut).



TINNED SARDINES

Cost: Approximately 50p

While fish is generally a fairly expensive – but extremely good-for-you – dinner option, tinned varieties can be much cheaper. Tinned sardines, for example, feature omega 3 fatty acids much like fresh salmon, but for a fraction of the cost. Omega 3 fatty acids are beneficial for many functions in our body – as well as being naturally anti-inflammatory, they help support our cardiovascular system, vision, brain and much more. Plus, tinned sardines are also a great source of vitamin D and calcium, meaning they're good for bone health.





Switch off & UNWIND

Laura Coleman, founder of Be.Modern Meditation (bemodernmeditation.com), shares a meditation designed to get you ready for sleep

Find a comfortable position on your bed so you can allow your body to completely relax. Gently close your eyes or simply soften your gaze if that's more comfortable for you.

Notice the weight of your body lying here. Begin by paying attention to your feet. Allow them to feel heavy and warm. When your mind wanders, just come back to your feet and those feelings of warmth and heaviness.

Now extend that awareness to also include your legs. You don't need to do anything or make anything happen. Simply allow your body to become heavier and return your mind whenever it gets caught by a thought, even if that happens many times.

Allow that warm and heavy awareness to spread up into your hips and belly.

So now your whole lower body feels heavy, warm and still. You're not trying to make it happen, you're simply imagining that it feels that way.

Let that continue up into your shoulders and down into your arms. Let your whole body become warm and heavy.

Notice if the activity in your mind has begun to calm. If there are still thoughts, that's OK. Simply notice that and then focus again on your body.

Now include your face and jaw. Notice that your tongue can become heavy and still in your mouth. Your eye sockets can relax and feel warm, and even your scalp and forehead feel warm and heavy.

Let your whole body drift into this deep, warm heaviness as your thoughts drift away. Hopefully now you feel ready for a nourishing sleep.



Surprising SLEEP HACKS

If you think you've tried everything but waking up feeling refreshed remains a distant memory, these tips might just surprise you

1 BOOST YOUR GUT HEALTH
Your stomach is probably not the first thing you think of when trying to improve your shut eye. But, hear us out... serotonin plays a key role in sleep, and our levels of this neurotransmitter are linked to gut health. How? "Specialised cells in your gut, called enterochromaffin (EC) cells work closely with gut microbes to produce 90 percent of the serotonin in your body," explains nutritionist and gut health expert Shann Nix Jones (chucklinggoat.co.uk). "As a result, damage to the gut microbiome, such as that caused by stress, antibiotics, a poor diet or environmental toxins, can compromise your serotonin production - and therefore your sleep. The good news is that this damage can be reversed by consuming probiotics."

2 DON'T DELAY BREAKFAST
What you eat - and, crucially, when - can have a huge influence on the quality of your slumber. In fact, neurophysiologist and sleep expert Dr Nerina Ramlakhan (dnerina.com) asserts that to sleep well you should eat breakfast within 30 minutes of rising. According to Dr Nerina, those who eat a healthy meal first thing tend to have lower stress levels because they tend to produce less adrenaline and noradrenaline, and better sleep because they produce more melatonin, on average.

3 CHECK YOUR POSITION
Sleeping on your left side may be best for optimum health, according to a recent TikTok trend.

Apparently, it can improve digestion, reduce snoring, relieve heartburn and acid reflux, and even boost circulation. However, we all know to approach TikTok health hacks with caution. "The best sleep position for optimum health can vary depending on individual factors and specific health conditions," says Martin Seeley, CEO of Mattressnextday (mattressnextday.co.uk). "The best position for a good night's sleep can vary depending on individual preferences and health conditions, but one position that is often recommended is sleeping on your back. This position allows for optimal spinal alignment and helps keep the airways open, promoting proper breathing. However, remember that what works best for one person may not be suitable for another." So, do what works for you, but it could be worth trying a different position to see if it helps.

4 STAY WELL HYDRATED
You know the golden rule of thumb says that we should be drinking 1.5-2 litres of water a day for all-round good health? It helps our sleep too, because as Dr Nerina tells us, being sufficiently hydrated allows our brains to work optimally and produce all the hormones needed for good sleep.

5 DON'T GO TO BED TOO EARLY
While it's true that getting an early night sets you up for a good kip, it's not guaranteed to help you sleep better. In fact, experts recommend sticking to a regular routine of going to bed and getting up at similar times each day. This is because it boosts the body's circadian rhythm or sleep-wake cycle, which helps promote consistent and restorative sleep. So, if you've been regularly hitting the sack past midnight, don't expect to magically drift off into slumber land at 9pm the next evening. It's best to stick to a consistent routine that's realistic for you.

Myleene is an ambassador for Skechers - shop the range at sneakers.co.uk



5 minutes with **MYLEENE KLASS**

We sit down with the musician, presenter and *I'm a Celeb* winner to talk about her recent projects and why she's an advocate for self-love

82

TELL US ABOUT YOUR HEALTHY ROUTINE AND EXERCISE REGIME

"I'd love to tell you that it's this diligent schedule, but with work and family life, you can feel like you're failing all the time. My advice to anyone is to just keep moving and remember that getting outside for a walk is good for your body as well as your mind."

HOW HAS YOUR RELATIONSHIP WITH YOUR BODY CHANGED OVER THE YEARS?

"I've got the greatest respect for my body now because it's been infinitely strong when I didn't think I could be anymore, and there have been times where I've taken it for granted. I think as you get older, you almost owe your body an apology and need to give it a bit of love now."

TELL US MORE ABOUT YOUR BOOK, THEY DON'T TEACH THIS AT SCHOOL

"The book is very much based on personal experience; there have been so many situations where I've sat there and thought, what am I going to do? The worst thing someone can feel is helpless so I pride myself on the fact that I've put together a manual that empowers people, whether that's a young adult who's finishing university or a woman going through a divorce."

"I've got the greatest respect for my body now. I think as you get older you almost owe your body an apology and need to give it a bit of love"

WHAT WAS IT LIKE WORKING WITH TOMMY'S AND MP OLIVIA BLAKE TO CHANGE THE LAWS SURROUNDING MISCARRIAGE SUPPORT?

"We have changed the future for so many mothers to be and babies to come. Campaigning at government level was never a part of my plan yet it became my calling. I couldn't let it go. I wanted my children to see their mother turn her pain into power and the babies I never got to hold, to know they chose a mother who would fight to have their voices somehow heard. I never dreamed those voices would resonate into the history books and their legacy would be the most powerful of all, real change."

WHAT'S IT LIKE WORKING WITH BRANDS LIKE SKECHERS AND NEXT, AND HOW DO YOU CHOOSE WHO TO PARTNER WITH?

"I don't sign up to something without genuinely knowing what it is and how it works. It's funny because when I was in that first meeting with Skechers, I was showing them reams of videos of my family wearing their shoes at weddings, concerts or just travelling, which I think is lovely because I've lived the brand. I like to think of it as I chose them before they chose me and that was the icing on top of the cake."

aeos

We are delighted to announce our TLC Renewal Face Cream won Best Moisturiser at the 2023 Natural Health Beauty Awards.



For skin in extra need of TLC, intensely hydrate and regenerate with our ultra-rich TLC Renewal Face Cream designed for very dry, prematurely ageing, environmentally sensitised or eczema-prone skin.

We grow and harvest as much as we can - on our 500 acre Demeter-certified biodynamic farm in England – for use in our products, sourcing all other ingredients from exceptional organic and biodynamic farms across the world.

We then enhance our formulations with spagyric quintessences of crystals to help deliver therapeutic effects to the body, mind and soul.

A unique holistic approach to beauty.

From soil to soul. Kindling the radiance within.

Naturally beautiful skin starts here.

www.aeos.net



IMAGE
SKINCARE

Age later.™



Visit our website www.imageskincare.co.uk
Follow us on Instagram @imageskincareuk



Product shown is the ORMEDIC balancing facial cleanser, VITAL C hydrating anti-aging serum and PREVENTION+ daily ultimate protection moisturiser SPF 50.