



Feel-good treats

1 Send out good thoughts and visualise positive outcomes in all situations.

2 Gaze at something naturally beautiful and become aware of your breathing. Appreciate nature as often as possible.

3 Enhance your body's natural balance. Write the words 'love' and 'gratitude' on your water bottle and sip from it regularly.

BOOK AN HOUR IN THE BATHROOM TO ENSURE YOU GET THE MOST OUT OF A RELAXING SOAK IN THE TUB

HAPPY NEW YEAR

(quite literally!)

Relax and smile yourself into 2010

The arrival of 1 January can mean only one thing – New Year resolutions. Whether you've promised to stop eating a whole tube of Jaffa Cakes in one sitting or vowed to stop spending your entire allowance in Topshop, sadly you'll probably end up caving in before it's time to reveal what February looks like on your *Twilight* calendar (what do you mean, you've already looked?). So instead of saying 'stop' and 'no' to a catalogue of things, we suggest a new way to enter the New Year – 'yes' to more positive things in life that can



Style & beauty editor Fatima says

"Balance is key, especially at this time of year when we've all gone OTT during the festive period. Of course it's amazing to get all glammed up for Christmas parties and receive loads of lovely presents, but it's just as important to give yourself the best present of all – TLC! A positive mind and healthy body will give you the best start to 2010. Simple things like



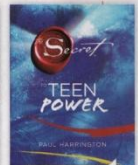
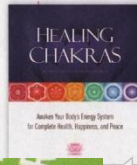
holistic health

Sarah Williams is a holistic body work therapist and creator of the Fantastic Soul Harmony Chakra Balancing Creams. Little pots of power that promote natural healing without negative side effects.

"A chakra is a ball of energy that interacts with the physical body. Each of the seven chakras is associated with an area of your body. When you become tense, you feel it in the chakra associated with that body part – for instance, when we are nervous, our legs may tremble. In the same way, when a imbalance in your base chakra (located between your legs and knees) can result in an inability to sleep well or constipation.

"Your sacral chakra (between your pubic bone and navel) is linked to relationships, family and friends. If it's out of balance, you may suffer from infections, back problems or excess weight. Digestive problems like bloating could signal that your solar plexus chakra (in the upper abdomen) needs attention. This chakra is about self-esteem, so if you don't feel good about yourself,

BOOKS TO READ



9 Australian Organics Evening Primrose Moisturizing Body Lotion, £3.95