

DAILY STAR SUNDAY



epar*le^{pr}

takes5 look good, feel great

TRIED & TESTED

Radiance-boosting face masks

SkinVitals C-Brighten Cloth Facial Treatment Mask 10 tabs

Gives a refreshing boost 4/5

NEW! Montagne Jeunesse Vibrant Reviving Cherry Tonic 10 tabs

Great pre-party mask 3/5

Matis Réponse Temps Le Masque 10 tabs

Calms & soothes 4/5

No7 Heavenly Hydration Moisture Mask 10 tabs

Leaves skin smooth & glowing 5/5

Chamneys Chamomile and Rose Intense Moisture Mask 10 tabs

Gives a rasy glow 5/5

That loving feeling...

♂ Improves heart health
Any exercise that raises your heart rate is good for you... and that includes sex. The Pennsylvania School of Medicine found sex three times a week burns 7,500 calories a year – the same as jogging 75 miles. Other studies have found average peak heart rates during orgasm are the same as in light exercise. Regular sex also boosts oestrogen levels – good for heart health.

♀ Melts away tension
Hugging someone you love can help lower blood pressure. Researchers found that people who regularly embraced coped better with stressful situations such as public speaking. Sex also helps you feel calmer as it relieves tensions pent up in your nervous system, as well as lowering blood pressure, to help you relax and sleep better.

♂ Keeps you fit
Regular sex increases oxygen levels in your cells, keeping your organs and tissues functioning at their peak. Sex also increases testosterone levels to help keep men's bones and muscles strong, as well as lowering cholesterol. It could help you slim too by boosting production of phenethylamine, a natural amphetamine that regulates your appetite.

Doctor Love

Romance is good for your health

Whether you're coupled-up or looking for that special someone, a bit of love and affection in your life can boost your health. Research shows being in a loving relationship and having regular sex has huge benefits. And spending quality time with good friends also gives your health a boost. An Australian study found people with strong circles of friends live longer than those with few close bonds. Now that loved-up Katy Perry and Russell Brand have decided to get down stairs after the scene, I was hoping like a bunny. So spend time with those who make your heart beat faster and look forward to. These include a fitter heart and reduced stress levels – and you can already see being loved-up has given Katy, right, a glow. The couple met on the set of *Get Him to the Greek*, where they shared an on-screen kiss. "My scene called for me to make out with him," Katy gushed. "And on the way downstairs after the scene, I was hoping like a bunny." So spend time with those who make your heart beat faster and



Russell and Katy



♂ Makes you live longer
A study by the University of Warwick found married men and women have better health and live longer than single people. Having someone to look out for your wellbeing and lend support encourages you to make better lifestyle choices. According to official figures, the death rate among single men under 34 is two-and-a-half times higher than for young married men.

♀ Boosts mental health
Surveys by World Mental Health have found couples are less likely to suffer depression and anxiety. Rates of substance abuse in married couples are also lower.

by Dominique Ayling
AWARD-WINNING COLUMNIST



Spa of the Month

Nirvana Spa

Wokingham, Berkshire
0118 989 7500 nirvanaspa.co.uk

Setting:
The Nirvana health spa gives you that holiday feeling as soon as you arrive. Extremely easy to reach by public transport or car, it's the perfect day escape.

Treatments & Activities:

The spa has six natural spring-fed pools meaning the water contains essential elements with great health benefits. There's calcium and magnesium for strong bones, sodium to re-hydrate skin and potassium to remove toxins from the body. There's also a hot hydrotherapy spa with massage stations to pummel every part of your body plus a gym, steam room, sauna and a relaxation room with heated beds. Nirvana has the first Dead Sea pools in the country where you can enjoy a relaxing flotation treatment. There is a wide range of reasonably priced facial, body and hand and foot treatments available including the Celestial Pure Indulgence Facial, £58, which includes a shoulder, neck and scalp massage.

Prices:
A day spa package, with use of facilities, light lunch and an hour's flotation treatment, costs from £108.

takes5 Verdict 5/5

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NEW