

BRITAIN'S NO.1 ALTERNATIVE HEALTH

# Here's Health

WIN!  
A LUXURY SPA  
BREAK FOR TWO

JULY 1999 / £2.30

## FRUITY FRAGRANCES

**S**crub up for summer with delicious moisturising salt and safflower oil body scrubs from Woodspirits UK (£15.95/500ml). Try zesty Lemon Geranium with essential oils of lemon, rose, geranium and vetiver; The Sun & The Sky, with rosewood and mandarin; or Portuguese Breakfast with sweet orange. Call 0181 293 4949.



## INSTANT COLOUR THERAPY Enhance the

relaxing power of your bath with a comfy,

calming green frog pillow, from

Opal London (£2.15/12). Stockists

and mail order 0181 208 0708.



## What a tonic

Keep summer skin radiant with Tea Tonic (£12.25/two month supply), a herbal tea blend with *calendula officinalis* and *tridolium pratense*, which help draw toxins away from the skin, cleanse the blood and flush out impurities via the kidneys. The herbs used are rich in antioxidants which are vital for maintaining youthful skin. Call 21st Century on 0800 026 0220.



## Baby love



Baby massage helps you bond with your babe and promotes sleep. Origins (0800 731 4039) offers a range of lotions including Bare Hugs massage cream (£10/100g), with neroli and orange essential oils; Love Me Tender lotion (£11/150ml), with ylang ylang essential oil; and Diaper Service balm (£8.50/100g), with aloe vera, shea butter and patchouli.

## Lurve thang

Sunshine reputedly makes people more frisky. Enjoy the effects of the warmer weather with the first vegan-approved condoms from Condomi. Many other condoms use casein – a milk protein – during production, making them unsuitable for vegans. Even better, if you quote The Vegan Society when ordering, Condomi will donate 15 per cent of your order value to them. Available by mail order on 01865 74933 and from Superdrug from July 10 (£1.99/3).



## Soft touch

For eczema or stubborn dry skin patches, Honey & Propolis Cream from Honeycomb Cosmetics (£4.20/30ml) is made with fresh honey, beeswax, comfrey oil and propolis which is antibiotic, antiviral and antifungal. It can also help psoriasis, burns and skin abrasions. Our tester said it had a dramatic effect on her dry skin patch in just one day! Mail order on 01747 838055.