

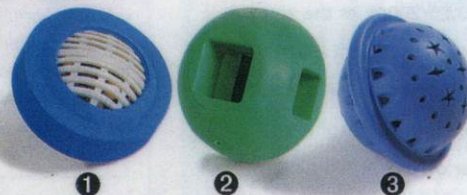


Instant colour therapy

Get in touch with your spiritual side with the soft purple tones of these luxurious lilac cushions by Marilyn Larkin. They feel and look stunning, and are stuffed with fragrant lavender buds. Beaded velvet cushion cost £36, buttoned cushions £27 (the fleece cushion with velvet trim, £35, does not contain lavender buds). Available from the Earth Tones Collection catalogue on 0181 354 0333.

THREE OF THE BEST WASH BALLS

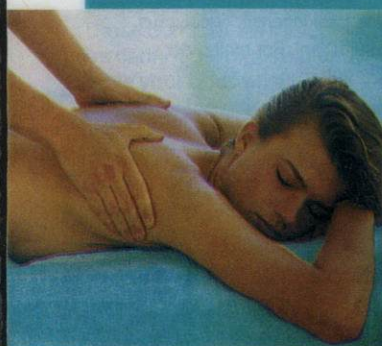
Be kind to sensitive skins and the environment with these detergent-free washballs which save packaging and money:



① **Ecoballs** (£27.75/3 balls plus £1.50 p&p) produce ionised oxygen for a deep down antibacterial clean, with a hint of jasmine. To find your local stockists call 0181 777 3121.

② **The Wonderwash Laundry Ball** (£11.95 plus £1.50 p&p) creates a magnetic field in the water to force out dirt and stains. Guaranteed for 500 washes, or 12 months. Call 0161 832 7788.

③ **Aquaball** (currently on special offer at £14.95/3 plus £3 p&p) also works by producing ionised oxygen to clean deep without damaging fibres. Refills of the pellets cost only £3 per Aquaball, plus £1.50 p&p. Call 0800 026 0220.



Treat yourself...

...with a visit to The Kensington Spa, London (0171 674 1000), opened in October on a day Chinese numerologists considered auspicious. You can revitalise body and mind with therapies including aromatherapy, Shiatsu and osteopathy at the health centre. Then plunge into the Spa for hydrotherapy to destress and detox, or indulge in top-to-toe beauty care. You can also get fit in the gym and dance studio with classes including Pilates and Salsa. Day membership £75.

WHY DON'T YOU:

- **Keep legs smooth with Pretty Polly's Moisturising Tights** (£7 a pair) which release moisturiser for up to five washes. Call 0171 287 7799.
- **Treat your skin to the delicious smelling, deep moisturising Woodsprits Spirulina Groove soap**, or try Double Dip with spirulina and Austrian moor mud for extra nutrients. Priced £6.35/200g; call 0208 2934949.
- **Give dry winter skin a moisture boost** with Decleor Hydra Floral with marine algae. Available in a soft and light cream (£26/50ml) and silky emulsion (£20/40ml). Call 0171 402 9474.
- **Get a pre-party inch loss boost** with a mineral-rich sea clay Universal Contour Wrap that draws out toxins and helps to revitalise and firm up your skin. Call 01784 251 177.
- **Relieve tired or itchy eyes** with the gentle cool of witch hazel water in the Aroma Mask Cooling Eye Compress from Nelson & Russell; £4.95 for five sachets, from chemists and healthfood stores.
- **Restore lost moisture to your locks** with Trevor Sorbie's Riche Plus Conditioner (£4.49/250ml). Contains Dead Sea Mud to increase flexibility and leave hair shiny and frizz-free. From Boots, Safeway, Tesco, Waitrose, major chemists and department stores.
- **When your windows are closed against the elements**, freshen your home with the Origins Clean Sheets Room freshener with grapefruit, ylang ylang and orange flower essential oils (£12.50/100ml), or the smokeless 6" pillar candle that burns for 96 hours (£15). For stockists call 0800 7314039.

Stay alert!

Keep your car smelling fresh with Tisserand's Car Clear Vaporiser, a chemical-free way to keep a clear head. It comes with Re-Charge, an uplifting blend of lemon and bergamot essential oils, plus black pepper and Atlas cedarwood to help you feel recharged by the time you reach your destination. Priced £12.99 for the vaporiser, ReCharge blend and pads (pads, oils and vaporiser also available separately). For mail order call 01273 325666.



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