

HEALTH

10 PAGES TO HELP YOU GET THE MOST OUT OF LIFE

Christmas gifts



FITNESS FANATICS

LEFT: Wobbling is usually something we try to avoid, but an osteopathic foot board has been developed according to the precise dimensions found to stimulate leg and back muscles without straining the ankles. One of its most beneficial uses is to strengthen weak ankles by improving leg muscle co-ordination, particularly after injury or trauma. Price £29.95. Call: 01432 263939.

RIGHT: A special inflatable ball is being used as an exercise aid as well as a device to strengthen back muscles. The Swiss Ball can improve balance and posture, and stimulate the nervous system. Balls cost £28-£36 depending on size. Call: 020 8874 6942.



BODY CONSCIOUS

RIGHT: The best way for the body to absorb the many powerful nutrients and minerals found in fresh vegetables and fruit is through juicing. The Champion Juicer breaks down the food without affecting nutrients within. Costs £295. Call: 01904 541541.



BELOW: The Fat Pilot measures the body's electrical resistance to determine the percentage of body fat. It also tells you if your reading is low, normal or high. Cost: £59. Call: 01604 581880.



LEFT: The Detox hamper can help repair the body after the season's over-indulgence. With purifying elderflower cordial and organic tea, it's available from Outpatients. Call: 020 7221 9777.



5 STOCKING FILLERS



LEFT: Clean, pure water is vital for healthy circulation, temperature control and digestion. Simply fill the Pres2Pure portable water filter with tap water then enjoy a safer, cleaner drink. Price £18.95. Call: 0800 026 0220.

BELOW: The Cherry Stone Thermal Pillow contains heat-retaining cherry stones to relax tense shoulders, soothe stomach cramps or warm toes. Add aromatherapy oils for fragrant relief. Costs £12.95. Call: 020 8208 0708.



RIGHT: A warm bath can help raise your body temperature to fight off infection, and for an extra flu-buster try the colds and flu bath milk from Cariad Aromatherapy to ward off bugs. Costs £5.95. Call: 01932 269921 for stockists.



BELOW: ZicePac Cool Wraps keep you cool while exercising. Available for the head, wrist, neck, shoulder, knee and ankle, just add cold water and the gel-like crystals will absorb heat energy. Cost £5-£25. Call: 01271 883044.



LEFT: Essentials vapourising Blends by Vital Touch have been created by aromatherapy experts to enhance well-being. The three are Clearway, for headaches, Tranquility and Revitaliser. Call: 01803 840 670. Cost £6.95 each.