

NOW WASH YOUR HANDS:



**Eucalyptus Handwash,
Ecosoapia £6**
Super organic, smells amazing



**Grapefruit Hand & Body
Cleanser, Kiehls £14**
Profits go to Terrence Higgins Trust

shop spy

NEWS +
TIPS



All together now - Ommmm

If anyone can de-stress Christmas shoppers, Calmia can. On Thursday, the A-list yoga den is holding a shopping event with 15 per cent off everything. Lucy Edge will be signing copies of her book *Yoga School Dropout*, and celeb facialist Emma Hardie will be giving free consultations. There will also be Indian head massage, live Eastern music and some complimentary snacks. Mung bean mince pies anyone?
Calmia, 52-54 Marylebone High St, W1 020 7244 3585



CUTE | Online cards

Send something pretty cheeky

Log on to loveyoulongtime.com. This new online card shop is built for girls only. The cards are all cute pics and tongue-in-cheek messages—order a reserve stack and you'll never have to send a last-minute newsagent effort again.

You need never be sockless again

Socks are a mystery. Where is their escape route out of the tumble dryer? Why are they so promiscuous—always seeking new mates over their natural partner? And why, in a swanky shoe shop, do you always have a hole in the toe? The solution is sockrush.com, which will deliver a year's supply of socks, at regular intervals, for only £39.99.

Psst... Sockrush is giving away a year's supply of socks to two readers. Email sockrush@gorgeousmediapr.com to enter



Dolce & Gabbana's models are never let out without a trusty belt

TIME TO WAIST

Keeping up appearances

Excellent at, um, holding trousers up, belts are a wardrobe essential for any man and a great gift. **Carrie Gorman** picks ten of the best



BROWN
DISTRESSED
French Connection
£35



FOUR LOOP
LEATHER
Holland & Holland
£102



GOLD
CLASP BELT
Diesel
£60



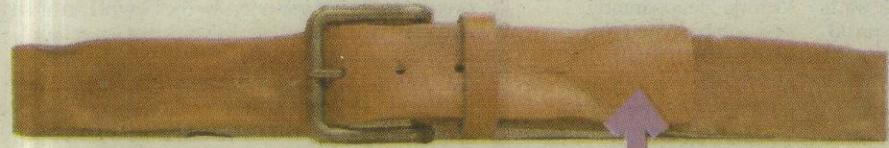
BLACK
STUDDED
Topman
£20



BLACK SNAKESKIN
Full Circle
£95



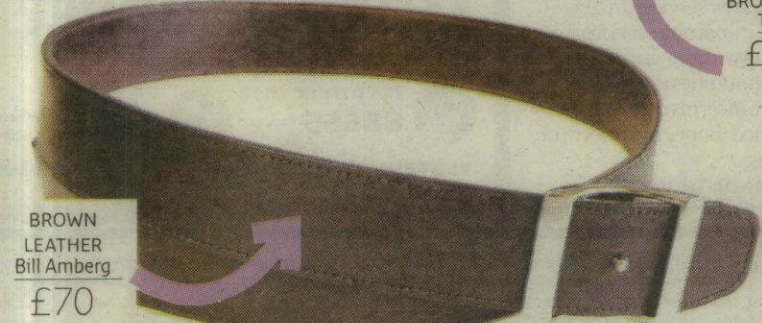
CANVAS
KHAKE
Burton
£12



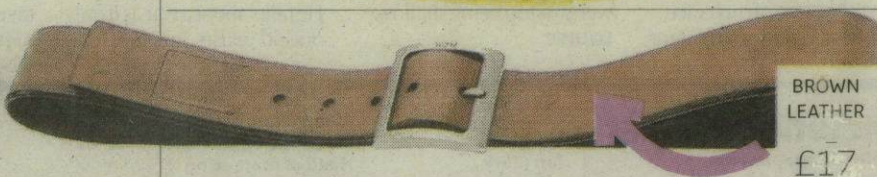
BROWN LEATHER
Tom Wolfe
£24.99



18 CARAT GOLD
Money at
Selfridges
£20,000



BROWN
LEATHER
Bill Amberg
£70



BROWN
LEATHER
£17