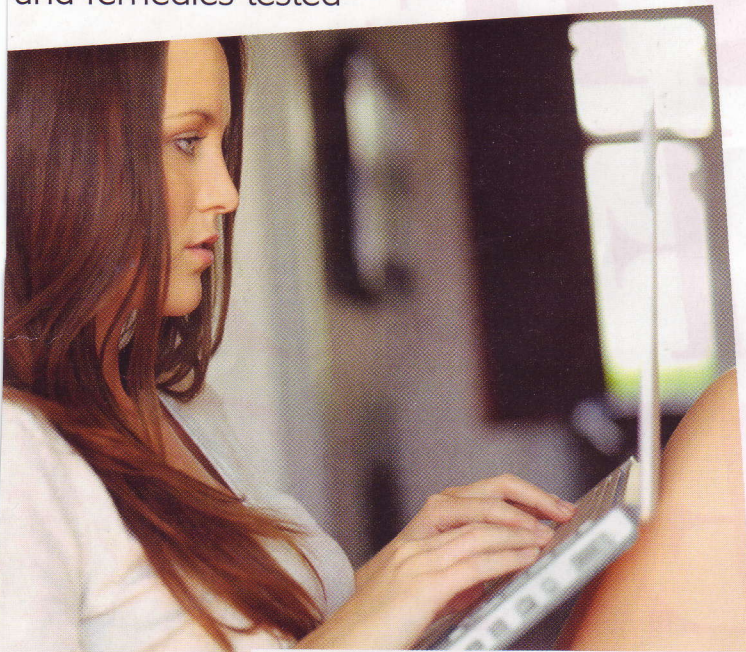


HEALTH BULLETIN

The latest ways to stay well, products reviewed and remedies tested



Crammed with pick-me-ups and treats, this nifty Survival Pack For Super Mums, £8 from Boots, makes the perfect pressie for busy mums.

Got three minutes..?

... then log on and help your health. Whether you're hunting for stress solutions or want a one-stop-shop for fertility advice, the answers are at your fingertips with these new online tools...

- NHS Direct's new online mental health checker can help you identify – and deal with – the symptoms of stress, anxiety or depression. Visit www.nhsdirect.nhs.uk.
- Find out if your heart is as young as it should be at www.floraheartage.com. As well as calculating the health of your ticker, you can sign up for a free, personally tailored diet and lifestyle plan to optimise your heart health.
- Want to know the latest fertility advice, understand your cycle and find out your best dates to conceive? Check out the ovulation calendars and conception advice at www.tellyoufirst.co.uk.



Try these...

If, like us, you're suffering from dry hands as a result of slathering on hand gel every five minutes to protect against swine flu, you'll love these new, gentler alternatives. Green People's alcohol-free, organic Foaming Hand Sanitizer, £10.75, is made from ingredients that are 95% organic; while Quash, £1.99, is handbag size and contains anti-viral radish root ferment and manuka honey, plus aloe vera.

For where to buy, see stockists page

PSST!

Fancy a health-boosting spa weekend, but haven't a clue where to go? Take a look at www.wellbeingescapes.co.uk, where you'll find expert and user reviews of healthy holidays. It's worth a visit even if you can't fork out for a few days of pampering, as it's packed with tips from wellbeing experts on how to stay healthy this winter.

FLOWER POWER

Start the new year stress free with the latest in plant-based relaxation remedies...

LES FLEURS DE BACH EMERGENCY ELIXIR, £6.95

Prepared using the essence of wild flowers, this homeopathic elixir will leave you positively blissed out. Spray into your mouth when you're feeling frazzled and prepare to relax...



PRIMAVERA SLEEP THERAPY PILLOW MIST, £8.75

Slip into slumber with a few spritzes of this new air and pillow spray. Its calming lavender and neroli oil will send you to the land of nod in no time.



RMK MASSAGE BALM, £35

What do you get when you combine jojoba, avocado and olive oil with sage, yeast and apricot kernel extract? A delicious balm that, as well as boosting your circulation and dispelling toxins, naturally relieves tension.

