

CALM BULLETIN

☞ **Sitting comfortably?**

If you find sitting cross-legged uncomfortable when you meditate, take a look at the Ishi seat, from £420, by Red Zen Design (www.redzendesign.com). An ultra-stylish addition to any home, the seat was designed with yoga, Pilates and meditation experts to help increase blood flow to the legs, improve posture and spinal alignment and distribute weight more evenly to promote more effective meditation practice.

☞ **Quality, not quantity**

We Brits are still indulging in spa breaks despite the recession – we're just going for shorter periods. According to Euromonitor, the number of people seeking luxurious spa breaks appears to have strengthened during the economic downturn as we seek to look after our wellbeing – but we'd rather go for a shorter period of time than compromise on quality. Look for spa deals at www.spabreak.co.uk.

☞ **Try me!**

Organic beauty products can often prove costly, so if you want to try things before splashing out on full-sized goods, visit organic beauty specialists, Pinks Boutique (www.pinksboutique.com) for its four new Try Me boxes for facials, manicures and pedicures. We love the Manicure Try Me box, £21.50, including a hand balm, hand soak, cuticle oil, Indonesian massage oil and Himalayan elixir made with peppermint, eucalyptus, geranium and lavender.

☞ **Boost your mood**

Feeling sluggish? Got a cold that won't go away? If so, it might be time to give acupuncture a try. Traditional acupuncturists treat the mind and body as one, and can boost serotonin and endorphin levels, which can help lift you out of a low, rundown mood.

To find a practitioner, visit www.acupuncture.org.



Celebrity tip

I do hatha yoga three or four times a week. It keeps my body strong, and if my body's strong it keeps me able to sleep better, function in the day better and I can do my job better. It's been wonderful for me.

Actress
Jennifer
Aniston, 41

Liberate your libido!

Need to put the 'x' back into your sex life? Sex starts in the mind, says NLP and life coach Michelle Zelli (www.michellezelli.com), and if you're not thinking sexy, getting your mojo back could be harder than you think. Try these tips to revive your va va voom!

Do some exercise! 'Feeling your muscles tighten, fresh sweat running down your body and the blood racing around your veins will release stress and endorphins – our feel-good allies.'

Pamper yourself! 'How can you feel sexy if your grooming regime has hibernated? Fake a tan, treat yourself to a manicure and pedicure and indulge in new sensuous underwear.'

Feed your fantasies! 'Pick up erotic stories. They don't have to be literary masters – you'll find erotic fiction by women for women published by Black Lace in supermarkets.'

Be inventive! Change your seduction routine or try a new venue. Get creative, be brave and enjoy!

You time

Bring calm to your life this April with our inspirational wellbeing round-up

SUPER FOOD

We all know how important good nutrition is to our general good health and looks, but busy lives can often leave us reaching for unhealthy, processed ready meals instead of freshly prepared dishes. If this sounds familiar, check out Soulmatefood (www.soulmatefestyle.com/food), a nationwide meals delivery service that creates fresh and exciting meals tailored to your individual needs.

After a one-to-one consultation, the team of chefs and nutritionists will design a bespoke eating plan to your tastes, dietary needs and specific goals, including weight-loss and preparing to conceive. Sporty types can even try the Supreme Performance package designed to boost energy, power and performance. Prices start from £25 a day.

