

Feel Good You

AUGUST 2023

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Speedy AND healthy holiday shape-up

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- + Mindful tricks to banish stress
- + How to master the siesta habit
- + Clever gadgets to keep you well



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Embrace the spirit of SUMMER

Ready to slow down, slope off and relax on holiday? It's easier said than done when you've spent the so many of the past weeks of the year at a manic pace.



You might be fretting about wearing a swimsuit on the beach. If so, take heart – the w&h beauty and health experts have your back. On page 34 you'll find a super-speedy eating plan, designed to make you feel amazing inside and out. And on our beauty pages we'll walk you through all you need to get a summer glow – and then keep it. Or perhaps it's the holiday itself that's worrying you. Travel can be stressful, especially if you're anxious or have a medical concern. On page 28, our experts provide a countdown of calm so you can take off and chill out for that well-earned break. You'll also find delicious Mediterranean recipes, so you can taste the sunshine wherever you are, and we've found six glorious UK spas to put on your wish list. Go on, you deserve it!

Michelle

MICHELLE HATHER
Editor, Feel Good You
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PS We're already working on the next issue of Feel Good You, packed with inspiration for a healthier and happier autumn. Look out for it in supermarkets and book stores from 14 September or take up our brilliant subscriber offer today!

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Prepare to bare with our stress-free beauty guide (p56)



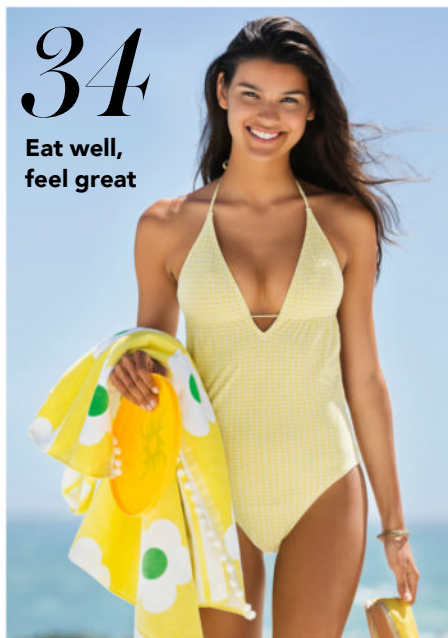
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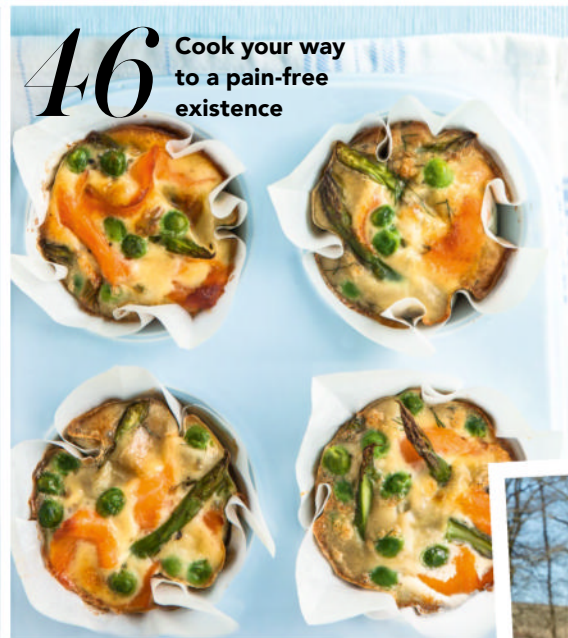
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 PHOTO: JOHN ROWLEY.
 STYLING: BECKY JOINER O'RIORDAN.
 HAIR AND MAKE-UP: LISA VALENCIA USING CHARLOTTE TILBURY AND DRYBAR.
 MODEL: JENNA AT HEY JUDES MODEL MANAGEMENT.
 SHIRT, NEWLOOK.COM; SWIMSUIT, MATALAN.CO.UK; BRACELETS, ESTELLABARTLETT.COM; RING, CHLOBO.CO.UK; SUNGLASSES, PRIMARK.COM



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SUNSET SHADES

Get in the mood for summer with these fun, fresh tones



**INSTANT
NOURISHMENT**
Vitamin C Body Cream,
£10, qandaskin.com



STRIPE IT LUCKY
Dress, £28, sizes
6-22, next.co.uk

Set the
table in
style



COLOURED GLASS
Candlestick holder,
£14 each, johnlewis.com



**COLOUR
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Cushion, £12,
primark.com



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BUST**
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£11, sizes
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atalan.co.uk



**UPLIFTING
SCENT**
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Jardins
Treatment
Fragrance
100ml,
£40,
clarins.co.uk

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Bikini bottoms, £8.50, sizes
10-22, atalan.co.uk



HIGH SHINE
Shoes, £34.99,
brakeburn.com



feel good fast

GO LARGE
Blanket, £49.99, hm.com



GRAPHIC TEE
T-shirt, £24, sizes 8-16, riverisland.com



HANGOVER FREE
Rhubarb gin alternative, £15, clean.co

BAGS OF STYLE
Bag, £38, accessorize.com



SHADY LADY
Sunglasses, £55, oliver bonas.com



TO THE MAX
Dress, £115, sizes xs-xl, cos.com



DON'T SWEAT
Sweatshirt, £30, sizes xs-xxl, next.co.uk



Helps to reduce the appearance of dark circles and puffiness

HYDRATION HIT
De-puff + Brighten Eye Gel, £12.99, byoma.com



SET & MATCH
Shorts, £20, sizes 6-22, next.co.uk

What's healthy RIGHT NOW?

All the latest news, views and must-have summer kit

Testing out the trails?

With pathways looking at their most picturesque, you may have been a little more adventurous with your running this summer. Yet, road shoes aren't as durable on tougher terrain, and their squishy soles are less responsive. Try **Columbia's Escape Ascent trail running trainers (£115, Columbia)** for comfort and traction in both wet and dry conditions.



WHITE LIES

Ever lied to your doctor? Be honest! A huge 77% of us do it, either directly or just by not mentioning something important, according to a new survey*. Alcohol consumption (25%) and eating habits (23%) were the most common grey areas, which makes sense, as the number-one reason behind our deceit is fear of judgement.

Everyone's talking about...

SUN SAFETY

Need to top up on sun cream? Suncare brand Soltan is Macmillan's official Sun Safety partner for a second year in a row, helping to fund services for those affected by skin cancer. To drive home the important message that adults should be using a sun cream with factor 30+ that protects against UVA and UVB, with a four- or five-star rating (children should use factor 50+), Soltan has completely stopped production of products with a low SPF.

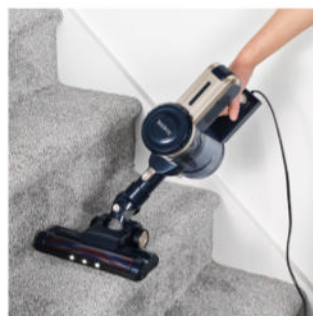
Visit macmillan.org.uk for more sun-safety tips or, if you're already worried about changing freckles, moles or areas of your skin, see your GP or enquire about the mole-scanning service available at Boots.

THE BEST IS YET TO COME

Do you eat whatever you like, have the confidence to travel alone and tell people exactly what you think of them? If the answer is a whole-hearted, unashamed 'yes!', the chances are you're aged 52 or over. According to a recent survey**, this is the age when we finally throw caution to the wind and feel liberated enough to do and say just what we please.

SILENCE THAT SERVES NO ONE

Three-quarters of British women do not talk about the menopause with loved ones when growing up***.



Dust buster

Keeping your carpets and floors clean minimises the amount of allergens – such as pollen, mould spores, animal hair and dust mites – that are expelled into the air as you move around your home. Try the new compact and wall-mountable AirXcel Turbo Vacuum (£99.99, Beldray) to avoid build-up.

IT'S A FACT 26% of Brits are too unfit to be able to

feel good news



3 OF THE BEST IN-FLIGHT ESSENTIALS

Add these to your hand luggage
so you're ready for take-off



SKIN REPUBLIC COLLAGEN INFUSION

£4.99, Superdrug

Even short-haul flights can dehydrate your skin. Lock in moisture with this collagen, elastin and vitamin E formula.



LOOP QUIET EARPLUGS

£19.95, loopearplugs.com

Guarantee a peaceful kip with these reusable silicone earplugs. They come in nine different colours, with a handy travel case and interchangeable ear tips for a comfortable fit.



FEMFRESH 0% SENSITIVE WIPES

£3.15, Superdrug

There's nothing worse than feeling hot and sticky 'down there'.

Freshen up fast with these pH-balanced, biodegradable sensitive wipes.

IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP. WORDS: JENNY ROWE. PHOTOS (POSED BY MODELS): GETTY. *BERX.COM. **SHAKEN UDDER. ***RESEARCH BY DR LOUISE NEWSON. ****RUNNING ON PLANTS

break into a jog, while almost half can't remember the last time they ran anywhere****.

DREAM and it will COME!

The power to change things could be simpler than you think

Wish you could magic up happiness and good fortune? Well, some believe you can, simply by imagining it. Yes, it might sound a bit 'woo woo', but manifesting – also known as cosmic ordering – is the practice of visualising how you want your life to be and relying on this positive energy to then bring it into existence. It's a method that's been used for thousands of years. 'Manifesting simply means bringing something into the realm of conscious awareness,' explains expert and author Carolyn Boyes*.

HOW TO DO IT

1 Close your eyes and imagine yourself with the thing you want. How does it feel?

2 Pretend that whatever you're wishing for is happening right now. Take a few minutes to observe your life, as if watching a movie of it playing out.

3 Now open your eyes and say 'thank you' to the universe.

4 If there are practical steps that you can take to get closer to your dream, take them. Otherwise, trust that the universe has it in hand, let it go and wait.

MANIFEST... EXTRA MONEY

'If there's a sum that would help and you believe it will come, you probably have the power to get it,' says Carolyn. 'I needed a very specific amount, so I asked the universe for it to come by an "unexpected source". A month later, I realised I already had the money tied up in my house, and when I cashed it in, it was the exact amount I had needed.'

MAKE IT HAPPEN

- ✦ Don't greedily wish for millions – have a specific sum in mind that would benefit your life.
- ✦ Imagine seeing the money in your bank account.
- ✦ How would you choose to spend the money? Take time to imagine exactly how that would make you feel and believe that you truly deserve it.

MANIFEST... THE LOVE OF YOUR LIFE

'You can't make a person fall in love with you – that would be unethical – but you can manifest the type of

person you want to be in a relationship with,' says Carolyn. 'Imagine yourself with your dream partner, conversations you'd have, the way they would treat you and the way you'd treat them. Tap into how that would make you feel and believe that a person like this will come into your life – and they will.'

MAKE IT HAPPEN

**POSITIVITY
BUILDS RESILIENCE!
A study** found that
women with high levels
of optimism were less
likely to die of major
diseases, such as
cancer.**

✦ Find it hard to imagine someone who doesn't exist? Imagine an ex who has treated you well but without a face, or build up your 'dream' person like a jigsaw.

✦ After manifesting, take practical steps to meet someone, like signing up for a dating site. You have to put in some work to meet the universe halfway.

✦ Been hurt in the past and find believing hard? Manifesting small things to start with, such as one fun date, or a great chat, will build up your belief that it can work.

MANIFEST... BETTER HEALTH

'Manifesting good health has limitations due to our personal



ALL GOOD
Make sure your manifestations are 'ecological' – good for you and others. Wishing bad things on others could have repercussions.

SPACE TO PARK
Need a car parking space? Take a moment to imagine driving your car into an empty spot. Small manifestations work too!

and cultural beliefs,' says Carolyn. 'However, you can absolutely use it to better your health, for example by asking for better sleep patterns, the mental strength to get through certain difficult situations and by imagining the happy, healthy life that you want to be living.'

MAKE IT HAPPEN

✦ Write down your health goals using positive language. Instead of writing 'I don't want to feel sad', write 'I will feel happy' – so your brain isn't given a chance to picture sadness.

✦ Make a list of three things that you are grateful for about your health. Gratitude works well with manifesting as it lets the universe know you are grateful for what you already have.

✦ Think about the actions you need to take to show commitment to your desired outcome. For example, if you want better sleep, start to put a better bedtime regime in place to help you relax.

MANIFEST... YOUR DREAM HOME

'This one took me some time, but I got there after building up a very strong visual picture of what my dream house would look like,' says Carolyn. 'I created mood boards of the type of house I really wanted – the ceiling heights, the hall lengths, the specific features – and spent time visualising myself living in a home like that. It was only after I bought the exact house I'd manifested that I looked back and saw I'd even noted down my dream location – which matched.'

MAKE IT HAPPEN

✦ Make a mood board or keep a scrapbook of pictures of the type of house you want. Visual references can make big manifestations easier to imagine.

✦ If your friend has the type of house you like, absorb how it feels to spend time there, imagining that it was yours.

✦ Understand that the universe can take its time, so be open to changing your time frame.

Lighten THE LOAD

From people-pleasing to decision fatigue, free yourself
and make this your happiest holiday season ever



Ever feel like something's holding you back? We count down the days to summer every year – then it arrives, and we often find ourselves distracted by daily stresses, weighed down by seemingly unsolvable dilemmas or just too tired to get stuck in. Well, today's the day. Whether you're seeking relief from a mental, emotional or physical burden, our experts are at hand with their advice on how to fix your overload issues and resume operation at full power.

Achieve mental clarity

NARROW DOWN YOUR OPTIONS

Big life decisions are undeniably a huge drain on mental energy. But even a series of small, mundane choices can accumulate and put a downer on your day. 'When there are too many options, we consider each one carefully, weighing the pros and cons and trying to anticipate each potential outcome,' says counselling psychologist Dr Rina Bajaj (rinabajaj.com). This can lead to decision fatigue and/or analysis paralysis.

+ TRY IT 'Reduce your options by setting criteria for what you are looking for, eliminating anything irrelevant,' says Dr Bajaj. Asking for someone else's opinion could also help, but be sure to ask the right person!

TAKE A BREAK

One-fifth of the British workforce has experienced burnout at some point in their careers, with women being more likely to report symptoms (22%) than men (18.5%)*. But an annual holiday isn't the only solution. Regular short breaks throughout the day are vital if you want your brain to maintain a high level of output.

+ TRY IT 'Research has shown that taking a short break of 10 minutes or less can help to reduce fatigue and help you recover from times of stress,' says behaviour change expert Dr Katie Tryon, director of health strategy at Vitality. 'Try to find pockets of time to turn off – whether it's having a cup of tea or doing a breathing exercise.'

OFFLOAD YOUR MEMORY

'When we have a lot of tasks or information to remember, our working memory can become overwhelmed, leading to stress and anxiety,' says

Dr Bajaj. It can also make it more difficult to take action, as we may feel out of control, helpless or frozen by competing priorities.

+ TRY IT 'Use external memory aids, such as calendars and phone alerts, to free up your mental resources,' says Dr Bajaj. Lists are also indispensable. 'Use them to prioritise and break down large tasks into smaller, more manageable steps,' she adds.

GIVE YOURSELF A DIGITAL DETOX

Is your phone your enemy? Not only do many of us allow them to steal our sleep, they may also be the cause of an addled state of mind. 'With the fast-paced digital world creating an ever more stimulating space to live in, it's easy for our brains to become overwhelmed and exhausted,' says Dr Mandana Ahmadi, founder and CEO of Alena.

+ TRY IT Have daily screen breaks to rejuvenate the brain's natural wiring system. Go for a walk in nature or invite a friend over and put your phones in another room. 'When we give ourselves this downtime, not only does sleep improve, but memories get consolidated better than before too,' says Dr Ahmadi.

BRAIN DRAIN
On average, users in the UK spend four hours and 14 minutes on their phones every day. But our cognitive capacity is significantly reduced whenever a smartphone is within reach, even when the phone is off, according to a US study.

INVISIBLE LABOUR
Women do about 60% more unpaid work – such as cooking, childcare and housework – than men, according to the Office for National Statistics.

A photograph of two women running on a beach, carrying towels. The woman on the left is wearing a black swimsuit and carrying a red and yellow towel. The woman on the right is wearing a black swimsuit and carrying a blue towel. They are running away from the camera towards the ocean. The beach is wet and reflective, and the sky is bright and cloudy.

Attain emotional balance

STOP PEOPLE-PLEASING

Finding it hard to say no and taking on extra work or errands when you don't actually have the time is a sure-fire way to set yourself up for a fall. 'The odd thing about people-pleasing is that it seldom achieves its aim,' says psychotherapist Terence Watts, founder of the BrainWorking Recursive Therapy Institute (bwr.org). 'It won't make people like you, no matter how hard you try – and they won't like you any less if you give up trying to keep them happy all the time.'

+ TRY IT 'You can't change all at once, so begin slowly,' says Terence. 'Next time you're about to say "Yes", ask yourself if you're doing it to be liked. If so, then just say "No". It may actually feel good!'

BE GRATEFUL

'It's been found that grateful people feel healthier, experience fewer aches and pains, sleep better and have reduced stress and better mental resilience,' says Joanne Mallon, author of *How to Find Joy in Five Minutes a Day* (£8.99, Vie).

+ TRY IT A daily gratitude journal is a popular option, but there are other ways. 'Take the time to thank the people in your life who have helped you or who you appreciate. Make a

phone call, send a text or write a note,' says Dr Bajaj. Volunteering can also help to shift your perspective so you can appreciate what you do have, rather than focusing on what you don't.

WELCOME CONTROLLED CONFLICT

If you bottle up your feelings and don't have your say, you'll end up feeling stressed and ignored. Try to address issues as soon as they arise to avoid them getting in the way of relationships or becoming more volatile further down the line.

+ TRY IT Conflict doesn't have to be explosive. 'Think about how you would react to various tricky scenarios in an ideal world,' says mindset coach Jeremy Snape. For example, when

tensions are high it may feel easier to calmly discuss problems and solutions with just one or two people, rather than the whole group, which could get out of hand.

SHIFT YOUR MINDSET

Only seeing problems will make it harder for you to seize opportunities when you're in a new environment. But an overly sunny outlook can also be an issue – you may not realistically weigh up options, which could lead to bad decisions and wasted time.

+ TRY IT 'Bring balance into your life by adopting three mindsets: an objective one to bring realism to the moment, a growth mindset to consider alternative views and approaches, and a possibilities mindset to keep your

Find physical fuel

STRAIGHTEN UP

'Posture has a big influence on how we feel,' says Joanne. 'Cognitive scientists have found that there's a direct connection between looking down and feeling down. By walking tall, you'll naturally feel more positive.'

+ TRY IT When you notice yourself hunching or slumping, get into the habit of correcting your posture.

'Lengthen your spine by imagining a balloon on a string attached to the crown of your head. It's not about holding yourself tightly, so don't pull your shoulders back or force your body into position,' says Lynne Robinson, founder of Body Control Pilates.

MOVE MORE

You may feel like you're too tired to move, but if it's not because of strenuous activity, sometimes the best thing to do in these moments is just that. Plus, if you have low fitness levels, you're more likely to feel tired from day-to-day activity, so it's time to break the cycle! 'Exercise is one of the easiest ways to get your feel-good hormones flowing,' says Joanne.

+ TRY IT Other than finding a new hobby or joining the gym, there are perhaps easier ways to up your daily steps that require far less motivation. 'If you have a hot drink first thing, dance, march on the spot or do a few star jumps while the kettle is boiling,' suggests Joanne.

SEE THE LIGHT

Sunlight can help to regulate hormones and neurotransmitters that have a strong impact on mood, behaviour and your body clock. Just five 30-minute sessions of light therapy

using a light box were shown to have an antidepressant effect, according to a Canadian study.

+ TRY IT Although going outdoors comes with added benefits, just sitting in a sunny window for 15 minutes a day is enough. Try eating your breakfast in a prime spot. 'Even if it's not bright sunshine, you will still get some benefit,' says neuroscientist Laura Ellera.

CUT THE CAFFEINE

Caffeine may be a regular part of your routine, so you might not realise the effect it's

HEAT THERAPY
Lying in an inflatable home hot tub has been shown to reduce stress levels by 22%. And blood flow to the legs increased by 345% (on average), similar to a 30-min jog, with heart rate up by 31 beats per minute (on average), equivalent to a 30-min brisk walk.**

having on your brain and body, such as increased anxiety and restlessness. It may also be interfering with your sleep – drinking tea was the most-referenced cause of insomnia, according to a survey of tweets by Chemist4U.

+ TRY IT Enforce a strict curfew when it comes to caffeinated drinks. The cut-off time for caffeine use is a minimum of six hours before bedtime, according to the Sleep Foundation, so if you're usually asleep by 11pm, you shouldn't be having that early evening cuppa.

SEEK PLEASURE

Pleasure in itself isn't something to be afraid of or restrict. In fact, 'scientists have found that joy can boost your immune system, help fight stress and may even help you live longer', says Joanne.

+ TRY IT Make a list of things that you enjoy doing, and organise it into categories so you have options when you have five minutes, an hour, half a day or a couple of days. Dip into this when you notice you're feeling tired, low in mood or anxious.

inner child alive,' says wellness coach Haifa Barbari.

TRUST YOUR INSTINCTS

Not having faith in your own judgement can often pile pressure on others, which will almost certainly end up backfiring, as there's a limit to how much reassurance others can provide.

+ TRY IT You need to know your own values to repair any trust issues you have – including those with yourself. Outline your inner compass by doing a quick brainstorm of what matters most to you. Choose three to five things, such as family, health, creativity and fun. This will help you to decide things for yourself with more certainty.

A background image of a field of tall, golden-brown grasses under a clear blue sky. The grasses are in the foreground, slightly out of focus, and extend towards the horizon. The sky is a pale, clear blue.

You can **FACE** *your* **FEARS**

We're told to feel the fear and do it anyway, but that's easier said than done. Rather than dreading it, Debra Waters decided to find ways to embrace it



*SIGNS
YOU NEED
TO FACE YOUR
FEAR. YOU...*

- let opportunities or experiences pass you by;
- avoid spontaneity yet crave it;
- feel unchallenged, bored or stuck in a rut;
- envy others who seem to live more fulfilling lives.

I'm not the bravest person in my friendship group but I'm curious and determined to make the best of life.

However, as I've got older it's dawned on me that change and I are uneasy bedfellows. In truth, I'm distrustful – superstitious, even – of change and this has infiltrated most decisions I make, big and small. **BIG:** it took seven years of careful consideration, spreadsheets and sleepless nights to move to a different city (just 50 miles away and inhabited by friends). **SMALL:** my daily habits are so set in stone that I bore myself (same morning coffee, same jogging route, same lunch at the same café). But do I try something new? Nope. And if, for some reason, I have to alter my routine, my anxiety goes into overdrive. Why have I become so change-averse?

One explanation is 'better the devil you know'. Fear thrives on uncertain outcomes. For instance, I work on an uncomfortable chair that hurts my back – changing it might make my back worse, although it could make it better. More concerning are the unhealthy relationships I hold on to, so as not to cause upset or a fuss, or experiences I reject in case they disrupt my carefully curated life. Ironically, as I've become more comfortable and settled, rather than using this stability as a springboard to a more stimulating life I'm more fearful than ever. Yet change can be inspiring and insightful. It enables us to adapt, learn and evolve, and it keeps boredom at bay. So why do many of us find it daunting?

***FEAR IS
PHYSICAL***

'Our responses to change are not always conscious or even within our control,' says Becky Hall, a life coach and author of *The Art of Enough* (£14.99, PB, Practical Inspiration >>



Publishing). 'Our brains and nervous systems are hard-wired for predictability. Neuroscience shows us that the oldest part of our brain creates patterns quickly – we like to be able to predict what will happen next. So, when unexpected things happen, or we're not certain about how things are going to turn out, our brain responds as if we're in danger. This triggers our nervous systems into high alert, which is why we get anxious.'

Could this mean that those of us prone to anxiety are more susceptible to fearing change? The way I react to excitement is barely distinguishable from a bad case of the nerves. For worriers, our default tends to be fretting over things that could go wrong rather than things that could go right. Perhaps we should give exposure therapy a go, starting with minor, manageable changes to increase our confidence.

FACING YOUR FEAR

Fear of change isn't always negative. Caution can be self-protective, a gut instinct even. Sometimes it's a reaction to what's occurring in the world, such as the cost of living, which has made many of us fearful of changes to our financial stability. 'The key is not to get overwhelmed,' says Becky. 'We want to be proactive not reactive, so taking time to calm our nervous system, breathe, think positive, is crucial. Then we can look at choices we have to make calmly.'

But what if we're faced with the unavoidable, such as redundancy? 'One trick is to think about something or someone in your life that's certain or predictable,' suggests Becky. This is reassuring and provides an anchor.

It can also help to draw two circles, one inside the other, says Becky. 'In the inner circle, write down things that you can control or influence; in the outer circle write down things you can't do anything about. Focus on what you have written in the inner circle – things you can do something about. This puts you in your full agency and gives you real choices about things that you are able to affect.'

Ultimately, to fear change is to fear loss – of a loved one, our livelihood, wellbeing or security. But playing it safe doesn't shelter us from possible losses – if anything, being too rigid can work against us. American writer Elbert Hubbard wrote, 'The greatest mistake you can make in life is continually fearing that you'll make one.' With this

WHERE DOES IT ORIGINATE?

Fear feels like a purely emotional response, but it has a physical origin. 'When the amygdala – the part of our brain that controls our fight/flight/freeze response – gets triggered, the energy in our brains is focused on danger. That's great if we're at risk but unhelpful if it happens when you're about to do something that requires your best thinking,' says Becky.

'Emotions come into it because our amygdala sits on top of the hippocampus, which stores memories,' she continues. 'This means that, sometimes, a fight/flight/freeze response reminds us of a time when we were worried, or something went wrong. So, not only are we reacting as if we're in danger in the present, we're connecting it emotionally to past events or trauma. This can lead to anxiety and worry, emotional withdrawal or even actively protesting about things changing at all.'

in mind, let's consider the pros and cons of the next change we need to make, and make an informed, panic-free decision. When we look at it rationally, we have nothing to fear but fear itself.

STOP FEAR FROM STOPPING YOU

'Finding something we can do to improve our health and wellbeing – even a small action – puts us back in the driving seat, and that alone makes us feel better,' says health coach Lou Walker (louwalker.com). Here are some expert suggestions...

1 CALM YOUR MIND

There are real and useful ways of calming our nervous systems down, and reassuring them that we are not in danger, says Becky, who suggests two easy ways to self-soothe. First, slow your breathing and think of something positive, she says. 'Counting to four as you inhale then exhale calms our nervous system and helps us reset in the present moment.

'Secondly, go to your happy place. Thinking of something that makes us smile creates "happy" hormones that override the hormones triggered by stress,' says Becky. 'When you feel physically calmer you will feel less afraid to make decisions.'

2 TACKLE RELATIONSHIP PROBLEMS

Often, we fear asking ourselves questions that needs answering, but once you've said yes or no you're in a stronger position to move on. Do you want to end your relationship? Yes. Then do it, says counsellor Margaret Ward-Martin (thegraceproject.co.uk). 'Do you want to end your relationship? Yes, but I'm scared. Then do it scared. There's no avoiding the pain but if you circumvent discomfort it will likely come out in unhealthy ways, so embrace the process.'

3 STOP SELF-MEDICATING

Fear can be hard to live with, so we may self-medicate to numb the

nagging anxiety that we need to take action. But we can't face fear if we're using avoidance tactics. It could be a little something to take the edge off the fear – work, wine, prescription medication, illegal drugs, risky sex – but only by accepting the situation can you mitigate some of this fear, says Margaret. Give yourself a chance to tackle changes with a clear head, rather than self-anaesthetising.

4 IMPROVE YOUR DIET

Is fearfulness connected to the food we consume? Well, we are what we eat. 'Our diet affects brain health, mood and thinking,' says Lou. 'Start by cutting out sugar and ultra-processed foods. This is tough, but start small – it helps. Improving diet lifts mood, clears brain fog and improves depression.' If you feel brighter, you're more likely to feel confident about making changes.

5 ADDRESS YOUR FINANCES

A staggering 77% of adults are worried about the rising cost of living*, but by confronting monetary concerns you can make constructive changes. 'Identify what's keeping you up at night,' says financial expert Makala Green (makalagreen.com). 'Pinpointing the source of your stress will provide clarity. Then create a budget – identifying where your money is going can help you save money for areas causing financial concern.'



If it's too overwhelming consider using a financial planner – in the long-term you could save more than this costs.

6 THINK LIKE A SUCCESSFUL PERSON

If your fear of change is motivated by a fear of failure, try changing your mindset. 'Successful people fail!' says Lou. 'If you don't try to change something, it might mean you don't fail, but if you don't try, you definitely won't succeed. Trying and failing gives you the chance to learn why it didn't work that time so you can tweak your approach before trying again.'

7 TRUST THAT YOU'LL BE OK

If you're fearful of something but you own it, you – not what's worrying you – are in control. Keep busy with healthy things that occupy you. 'Being distracted can be restorative,' says Margaret.

And be kind to yourself. 'Change requires effort and sometimes you won't feel like it – that's OK,' says Margaret. 'A duvet day is in order sometimes, but not if you become depressed (if this is the case, please see your GP for support). You will be fearful – and you will also be fine.'

WHAT HAPPENS WHEN

You take medication for depression

From side effects to feeling the benefits, here's what to expect

As awareness of mental health improves and we better understand depression as an illness, an increasing number of women are taking medication to support their recovery – antidepressant use in England has risen by 22% in the past five years, according to NHS figures. Selective serotonin reuptake inhibitors (SSRIs) are the class of drugs most commonly prescribed to treat moderate to severe depression – here's what you should know before starting treatment.

1 YOUR GP WILL DISCUSS DOSE AND DURATION

You will typically be prescribed the lowest dose necessary to improve your symptoms. SSRIs are usually taken daily in tablet form and it's important not to miss a dose for them to work effectively. 'Most GPs advise a course of treatment for at least six months from when you start feeling better,' says Dr Brian Fisher, GP and medical director of Evergreen Life app.* Recurrent depression may need to be treated for longer.

2 YOU COULD HAVE SIDE EFFECTS

Some can be unpleasant. 'When you start taking antidepressants, you may feel more side effects than benefits, but these will vary from person to person,' says Dr Fisher. You might experience nausea or diarrhoea, and some antidepressants can make it more difficult for you to fall asleep. Dizziness, headaches, a dry mouth and

difficulty achieving orgasm are also common issues. 'Side effects tend to improve after a few weeks, but tell your doctor if they continue.'

3 THEY MAY TAKE 3 TIMES TO WORK

You won't feel better straight away. 'Everyone's experience with medication is different, but most antidepressants take two to four weeks to start working,' says Dr Fisher.

DID YOU KNOW?
Women are more prone to depression and more likely to receive treatment than men.**

Your mood should then improve and you'll function better. 'Your GP will check your progress – if you've been taking them with no improvement, they may suggest an increased dosage or different type of antidepressant.'

4 YOU CAN TRY ALTERNATIVES

For mild to moderate symptoms, other NHS-approved treatments may be offered alongside medication, or instead of it. 'Cognitive behavioural therapy (CBT) or counselling are recommended,' says Dr Fisher. 'Exercise, mindfulness, a nutritious diet and quality sleep can also have a huge impact on mental health.'

5 DON'T GO COLD TURKEY

'Never stop taking SSRIs without guidance from your doctor, as this can cause sweating, stomach problems, sleeplessness, irritability and feeling anxious,' says Dr Fisher. 'Your GP will advise that you reduce your dosage slowly over a period of weeks.'

WHAT ELSE TO CONSIDER?

Your GP may not prescribe SSRIs if you have kidney, liver or heart problems, type 1 or type 2 diabetes or epilepsy. Always read the information that comes with a prescription as some drugs react unpredictably with other medicines, herbal remedies and alcohol.



'SUNSHINE can make me REALLY ILL'



Practising self-care has helped Ginny Roberts, 52, to live confidently with lupus



I was diagnosed with lupus – an incurable immune system illness – in my mid-20s. At the time, I was busy and active, but had strange health issues that I couldn't shake. These ranged from breathlessness and aching joints to itchy spots and leg bruises. I also had debilitating fatigue.

I went to my GP constantly, but they couldn't tell me why I felt so ill. This continued for several years, until I was referred to a consultant. I went from hospital to hospital having tests, until a brilliant doctor, who is an expert on lupus, diagnosed me with systemic lupus erythematosus (SLE) – the most common form of the condition.

I was admitted to hospital. If I hadn't been right away, I would have only survived another three months. Lupus had whipped through my system and was attacking my kidneys. I needed blood transfusions and was pumped with a huge dose of steroids. During this time, I dropped to six stone, I swelled up because of the drugs and could barely walk. My husband took care of me and my mum also helped enormously.

Over the years, I remained stable, taking various medications that were reduced when I felt well. I feel lucky that I've only been seriously hospitalised three times in 25 years. Although I've had flare-ups with fatigue, hair loss and skin problems, I pushed through, and

I've had a career and two children. This is my greatest achievement, as lupus can cause infertility. I miscarried once, and both my pregnancies were monitored and induced at 37 weeks to avoid stress on my body.

Sunlight is a major trigger for a flare-up, and so it's something I really avoid. I slather on a high SPF, wear a big hat and cover my arms up.

But I don't prefer winter because it makes the Raynaud's disease in my extremities worse. Lupus attacked my nervous system, and now the nerves in my feet are damaged.

I've educated myself and know that self-care plays a

huge role in managing lupus. Adopting a very healthy lifestyle has allowed me to do things that others with the condition can't. I regularly swim, run, cycle and take exercise classes. I eat well with a diet of only white meat and fish, plenty of fresh vegetables and spices such as ginger and turmeric – and I drink a lot

'I refuse to let lupus define or control me'

of water. Getting enough sleep is important, too, if I don't rest, or get stressed, fatigue hits me. Because my immune system is so compromised, I have to be careful of catching colds and viruses. The pandemic added a new level of fear for me – I shielded myself and will still wear masks in crowded situations, such as public transport.

After always having my kidneys monitored, I now take kidney tablets as lupus has affected them. It sounds daunting but it's more precautionary to lessen chances of dialysis later in life. When people meet me, they don't even know I have this serious illness – I don't dwell on it. The mind is a powerful thing when it comes to feeling well, and I refuse to let lupus define or control me.'

NEED TO KNOW

+ Lupus is an autoimmune disease that causes the immune system to attack healthy parts of the body.

The causes of lupus are not fully understood.

+ Common lupus symptoms include joint pain, extreme tiredness and skin rashes. In severe cases, it can damage

the heart, lungs, brain or kidneys.

+ It is known as the 'mimicking disease' because some symptoms are similar to other health conditions such as ME and arthritis, so it can be difficult to diagnose.

+ For more information and support, visit lupusuk.org.uk

Less hateful, MORE GRATEFUL

Loving the skin you're in might not actually be the remedy you think it is

Wish your thighs were slimmer? Your tummy was flatter? That gravity hadn't taken hold of your boobs? The list can feel endless. And, if you express these thoughts to friends or family, you're most likely met with 'you need to love yourself', 'focus on the parts you do like' and any number of often unhelpful positive mantras. These can leave you feeling dismissed, stuck and, ultimately, like a failure.

'When we try to keep ourselves in this positive mindset 24/7, it can be so easy to start obsessing over every detail and it can actually leave you feeling miserable – particularly as our bodies will naturally change shape and size over the course of our lives,' says therapist Marisa Peer. And in any case, it's almost impossible to be positive all of the time.

This was the idea behind the body neutrality movement, which began in 2015. Instead of focusing on our appearance, we move our attention to what our bodies can do for us. After all, what is the point in having the 'perfect body' if we're unable to

enjoy life within it? Of course, nothing is ever that simple – especially when it comes to our bodies – so here our experts explain how to get to grips with a neutral state of mind and how it can reshape your life, for the better.

83%

of women are unhappy with their physical appearance at one time or another – most often when looking in a mirror, being in a swimming costume or when clothes shopping.*

STRIVING FOR GRATITUDE

Body neutrality centres on developing a balanced relationship with yourself. 'It's about accepting our bodies as they are, through all the different stages of

life, removing any sense of judgement – whether that be negative or positive,' says consultant psychologist Dr Elena Touroni.** This means looking beyond perceived flaws and acknowledging the amazing things it's capable of.

'Body neutrality can be a powerful antidote to the culture of body shaming and negative self-talk that's so present in our society,' says Marisa. 'It encourages us to let go of the pressure to conform to the unrealistic beauty standards we are bombarded with daily, and instead turn our attention to cultivating a healthy and positive relationship with our bodies.'

Ultimately, a body-neutral mindset is all about freeing yourself from the cycle of self-criticism and self-doubt, and beginning to appreciate what your body does for you every day, adds Marisa. Whether you're running a marathon or simply getting out of bed in the morning, your body is constantly working to support you and help you live your best life.

YOU ARE WHAT YOU CONSUME

While you might find it inspiring to look at those 'perfect' influencer social >>

WORDS: ROSE GOODMAN. PHOTOS (POSED BY MODELS): GETTY. *IPPOS. ** CO-FOUNDER OF THE CHELSEA PSYCHOLOGY CLINIC. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP

wellbeing





media accounts, this daily absorption of what society deems 'ideal' can have a knock-on effect. This is where the conflict between loving the skin you're in while also working towards this unattainable goal can feel challenging.

'As a therapist, I have seen first-hand the influence that social media can have on our body image,' says Marisa. 'This constant overexposure to false images of perfection and pressure to achieve what is often unrealistic (and, a lot of the time, smoke and mirrors) can take its toll on our mental health and self-esteem.'

Comparison is the thief of joy, but it is also human nature. 'The pressure to conform to these unrealistic beauty standards can lead many people to feel inadequate and unworthy, causing feelings of anxiety, depression, and even disordered eating,' she adds. This

is where body neutrality can help.

'Instead of being critical or complimentary about our body, we can simply allow ourselves to experience the feeling of embodiment without giving it a value judgement,' adds psychotherapist Eloise Skinner, author of *But Are You Alive* (£14.99, Hachette). Instead of saying 'I look amazing in my bikini' if you don't feel it, try 'swimwear allows me to enjoy the water'.

STAYING HAPPY IS HARD

No one can be positive all of the time – it's unrealistic. 'It's important to promote self-love and acceptance, but the reality is that many people struggle with negative body image and may find

it difficult to feel positive about their bodies all the time. That's just human nature and the natural ebb and flow of life,' says Marisa.

This means that trying to force yourself to love your body can often do more harm than good. 'For those who have come from a background of thinking negatively about their bodies, this can be a difficult mindset to keep up. And the difficulty of the task might result in a feeling of failure if it can't be maintained over time,' says Eloise.

It's also important to allow yourself to feel your full range of emotions and meet them with compassion. Pushing them away will only make them stronger. Body neutrality can help divert this focus from 'I hate my arms,' for example, to 'My arms allow me to pick up my pets or hug loved ones.'

7 WAYS TO MASTER YOUR MINDSET

Want to feel more neutral about your body? Follow these simple expert tips to step into your power

1 Avoid body-related conversations

It can be very easy to get caught up in talking about our shape, especially during the summer months, so vigilance is key.

'Try to avoid speaking negatively or positively about your body (or engaging in similar kinds of conversations with others),' says Eloise. For example, if someone comments that they don't feel confident in the way they look, avoid jumping in with critical thoughts about yourself or trying to make them feel better. Instead, try steering the conversation away from the body altogether, and focus on other topics.

2 Be focused on experience

Instead of thinking about the appearance of things, concentrate on how it feels, says Eloise. 'For example, instead of focusing on your physical body during a workout class, think about the sensations and experiences of the class. What does it feel like to move, to breathe and to engage in activity?' These types of sensation can help you come to a neutral position of observation.

3 Cut off those ruminations

When we get caught up in negative thoughts and self-talk about our bodies, it can be so easy to fall into

a cycle of self-loathing, instead of self-loving. 'The first step in cutting off ruminations is to become aware of them,' says Marisa. 'When negative thoughts about your body arise, take a step back and observe them without judgement. Notice the patterns that arise and the triggers that bring them up.'

Marisa recommends simply interrupting the thought pattern whenever it appears. For example, when a negative thought about your body comes up, try to shift your focus on to something else, perhaps a positive affirmation, a happy memory, or a visualisation exercise.

4 Monitor self-talk

Look at what you are saying to yourself daily and ask, is it fact or is it just a fictional story I'm telling myself? For example, if you find yourself looking in the mirror and thinking, 'My stomach looks saggy and horrible,' – does it really? Or is it actually strong and resilient as it carried a tiny life around in it for nine months? Sticking reminders such as this around your mirror can help you to divert your attention and feel more positive for the day ahead.

5 Prioritise your own comfort

We've all done it – squeezed ourselves into a too-tight dress or neck-breaking pair of heels, then spent all evening wanting to rip them off. And for what? To look good? To be admired? It's not worth

the misery or the injuries! It's time to get comfy. 'When we wear clothing that fits well, we feel more at ease in our bodies and more focused on other aspects of our lives that bring us joy,' says Marisa. Yes – you can spend the day in yoga pants!

6 Adopt a daily routine

Do you take hours in front of the mirror to make yourself look 'perfect', but never feel satisfied? You might just be reinforcing the idea that our value is tied to our appearance. 'This can lead to a negative cycle of self-criticism and body shame, which can be damaging to our self-esteem and overall wellbeing,' says Marisa.

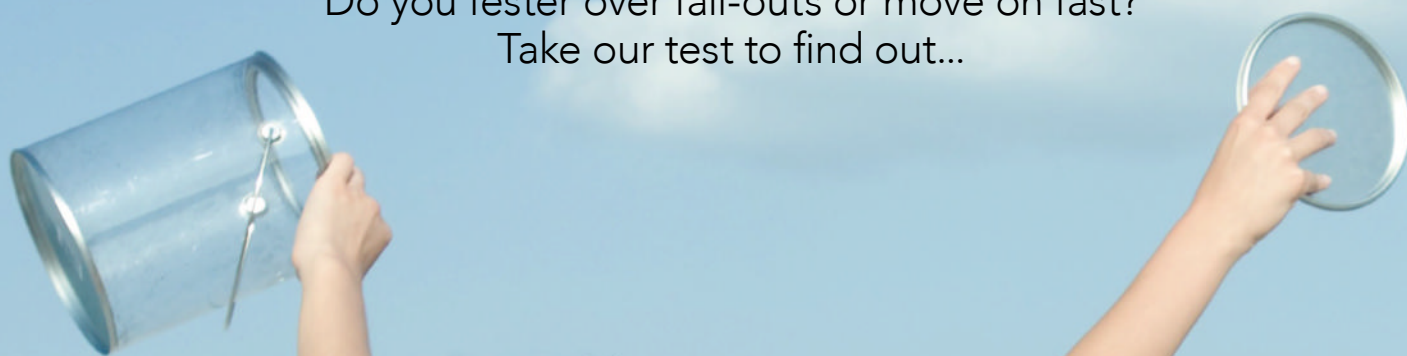
'Allocate a specific amount of time for getting ready each day, and stick to it consistently so that it doesn't involve a lot of decision-making or stress.' Not only will you be thinking less about what you look like, but you'll have more time to enjoy your life.

7 Filter your social media

Give your following a bit of a refresh – follow celebrities and influencers with a similar body shape to yours, as well as accounts dedicated to your passions and hobbies. Eloise also suggests becoming more aware of the judgements you might be making instinctively while scrolling and instead steering your attention away from body-focused thoughts.

Feeling hurt? LET IT GO...

Do you fester over fall-outs or move on fast?
Take our test to find out...



Bearing a grudge can be unhealthy – you only have to look at Prince Harry and the Royal Family to see how dwelling on hurtful disagreements can lead to poor mental health and unfixable feuds. ‘We know that holding on to anger is a blocker to functioning and growth,’ says clinical psychologist Dr Jenna Vyas-Lee, co-founder of mental healthcare clinic Kove*. ‘Being able to forgive others allows you to take back control in hurtful situations.’

But, we all know that forgiveness isn’t easy when you’re simmering with rage – neither is it about letting others off the hook or being a doormat. Take our quiz to find out how you handle rifts and resentment and get the expert advice so you can move forwards.

TAKE THE TEST

Circle the answer that sounds most like you...

1 If somebody treats you badly, how do you deal with it?

- You cut them out of your life.
- You presume you must have caused it somehow.
- You're wary of that person going forward.
- You try to focus on their more positive attributes.

2 How do you feel about a big argument that you've had in the past?

- You refuse to dwell on it – they said sorry.
- Ashamed. You wish you'd handled it better.
- You made up with the person, but often think about the row.
- You're still furious about it.

3 Do you usually give people second chances?

- Yes, it's important that others are able to make amends.
- Always. In fact, you give third and fourth chances too.
- Often. You're much tougher on yourself than others.
- Never! Leopards don't change their spots.

4 When someone apologises for upsetting you, do you...

- Feel as if a big weight has been lifted from your shoulders.
- Appreciate the gesture.
- Refuse to believe that they're really sorry.
- Feel fuzzy and warm inside.

5 How would you go about repairing an important relationship after an argument?

- Beg to reconcile – no matter who caused the damage.
- Wait for the other person to grovel to you.
- Agree to disagree and get back to normal.
- Try to communicate your role in the rift.

HOW DID YOU SCORE?

MOSTLY ■ *You don't let go*

Being wronged by someone makes your blood boil and you want them to pay for it – even years later! Feeling vengeful is a natural response in the face of hurt, but it's essential to let go of anger. 'Over time, negative feelings hold consequences for us as we get locked in cycles of bitter feelings,' says Dr Vyas-Lee. 'Forgiveness moves us away from the victim role, gives us a sense of control, certainty and peace of mind.'

HOW TO HEAL

Trapped in the grip of resentment? 'First, calm your nervous system,' says Dr Vyas-Lee. Try mindfulness techniques or go for a walk. 'You can then think about the pros and cons of forgiveness. Ask yourself, "How will I feel if I take the steps to forgive and move on?"' Also, develop awareness of why you're feeling certain feelings. 'This can help to gain distance between yourself and your reactions.'

MOSTLY ▲ *You forgive, but always remember*

You have a healthy approach to moving on and are able to forgive others for their mistakes, but you also never fully forget the moment. Sound familiar? This can be a good thing, as you learn something from difficult situations and can channel your pain into making positive changes for the future. Just be careful that you're not guarded in your relationships due to past events.

HOW TO HEAL

'True forgiveness is a process that needs time and space to develop,' says Dr Vyas-Lee. So don't rush to restore the status quo. Acknowledge your feelings at the time and accept that you're hurt. 'Then, take the empowering steps to remove yourself from negative thought cycles that only serve to keep traumas and difficult experiences alive.'

MOSTLY ● *You're hard on yourself*

You have no problem forgiving others, but showing yourself forgiveness is much more difficult. In arguments and rifts you always take responsibility for your side of the row, often beating yourself up for the things you did and said.

HOW TO HEAL

Show yourself the same compassion that you extend to others – with the

understanding that everyone makes mistakes. 'Forgiving yourself almost certainly plays an important part in your healing journey after an argument,' says Dr Vyas-Lee. It helps if the other person is genuinely remorseful and shows empathy, too. 'But in the absence of this, we can still choose to forgive ourselves for our own benefit.'

MOSTLY ◆ *You forgive too easily*

You struggle to hold others accountable for their actions – even when they've behaved in hurtful ways. 'There's a fine line between being passive and being forgiving,' says Dr Vyas-Lee. While you'd rather let someone off the hook than sit with your uncomfortable feelings of anger and disappointment, remember it's possible to forgive without being a pushover.

HOW TO HEAL

Been treated badly? 'Forgiving someone doesn't mean you have to continue in the relationship,' says Dr Vyas-Lee. 'You can forgive but choose never to speak to them again – this would be recommended in toxic relationships of all degrees of severity.' Seeing the good in people is one of your best traits, but holding on to a bit of hurt can help you set boundaries.

TAKE OFF, CHILL OUT

Holidays are meant to be fun, but travelling is scary for some of us. Thankfully, there's help out there...



We're still feeling the fallout of the pandemic. Last year, one study* found that 72% of adults experienced FOGO (fear of going out) and 60% tried to avoid public transport. This apprehension is slowly easing, but many of us are still worried about travelling. Although it's exciting, travelling can also be stressful, especially if you're anxious or have a medical condition. Here's what could be holding you back and how to manage it.

YOU'RE ALREADY ANXIOUS

Anxiety disorders account for 3.3% of the global burden of disease, says Dave Smithson, operations director for Anxiety UK. 'Therefore, it's fair to assume that the majority (if not all) of those dealing with an anxiety disorder will experience travel anxiety.'

Manage it

Here's what Anxiety UK recommends...

+ Plan ahead

Read up on travel, amenities and accommodation and give yourself plenty of time before catching transport.

+ Use anxiety relief techniques

Practise beforehand so you can use them when you feel overwhelmed. For tips, download the Breathing and Relaxation Guide from anxietyuk.org.uk.

+ Go somewhere familiar

This eliminates the 'unknown' and the stresses of finding your way around a new destination.

+ Distract yourself

Listen to music, watch films, use a mindful colouring book or do puzzles to pass the time and reduce stress.

YOU'RE PHOBIC

Around 100 million people in the UK live with a phobia**. 'Phobias are a type of fear, but are irrational or extreme, where the potential danger of a certain situation or object is exaggerated,' says AXA Health's Consultant psychologist Dr Mark Winwood.

+ Fear of driving

Driving anxiety can start gradually, after an accident or near-miss, or linked to a lack of self-assurance in your own ability to take control. If you're menopausal, fluctuating hormones can make fear worse.

Manage it

Start with small trips or try difficult journeys with a friend. 'It's important to discover what it is about driving that creates fear,' says Lorna Cordwell from Chrysalis Courses UK. 'When driving is also criticised, it destroys confidence. This can be explored in therapy.'

+ Fear of flying

British Airways reports that one in 10 people are aerophobic. 'This stems from thinking about external factors beyond your control, such as turbulence or engineering faults,' says Dr Winwood. 'People with aerophobia are acutely aware that if the plane encounters trouble they're helpless.'

Manage it

'Acknowledge it – seeking out



alternative methods of travel reinforces the phobia,' says Dr Winwood. 'Anxiety thrives off "what if?" catastrophic thoughts, so overcome this by brushing up on the facts. Research how a plane flies and what causes turbulence to give you a feeling of greater control.' Many airlines offer special courses (e.g. BA's flyingwithconfidence.com), while breathing techniques can be effective.

YOU'RE MENOPAUSAL

Have you found that as you've aged you've become more wary of travelling? It could be hormones. 'Anxiety is common in perimenopausal women due to reducing oestrogen levels causing a dysregulation of the cortisol (fight/flight) stress hormone,' says Dr

Rebecca Tomlinson, GP at menopause specialists Health & Her. 'This leads to women describing themselves as always having a "pit of doom" feeling that stays with them despite the environment they are in. Adding a new stressor can worsen the anxiety.'

Travel can be tricky because it takes us out of our comfort zone. 'When you're in your own environment you know where



the fan is (for a hot flush) or that your bedroom is set up to manage night sweats,' explains Dr Tomlinson.

Manage it

Dr Tomlinson's tips for a smoother trip...

+ Remember medication (Like HRT)

Ensure you have enough for the trip, plus some extra to account for eventualities.

+ Pack well

Take home comforts that help your symptoms and wellbeing.

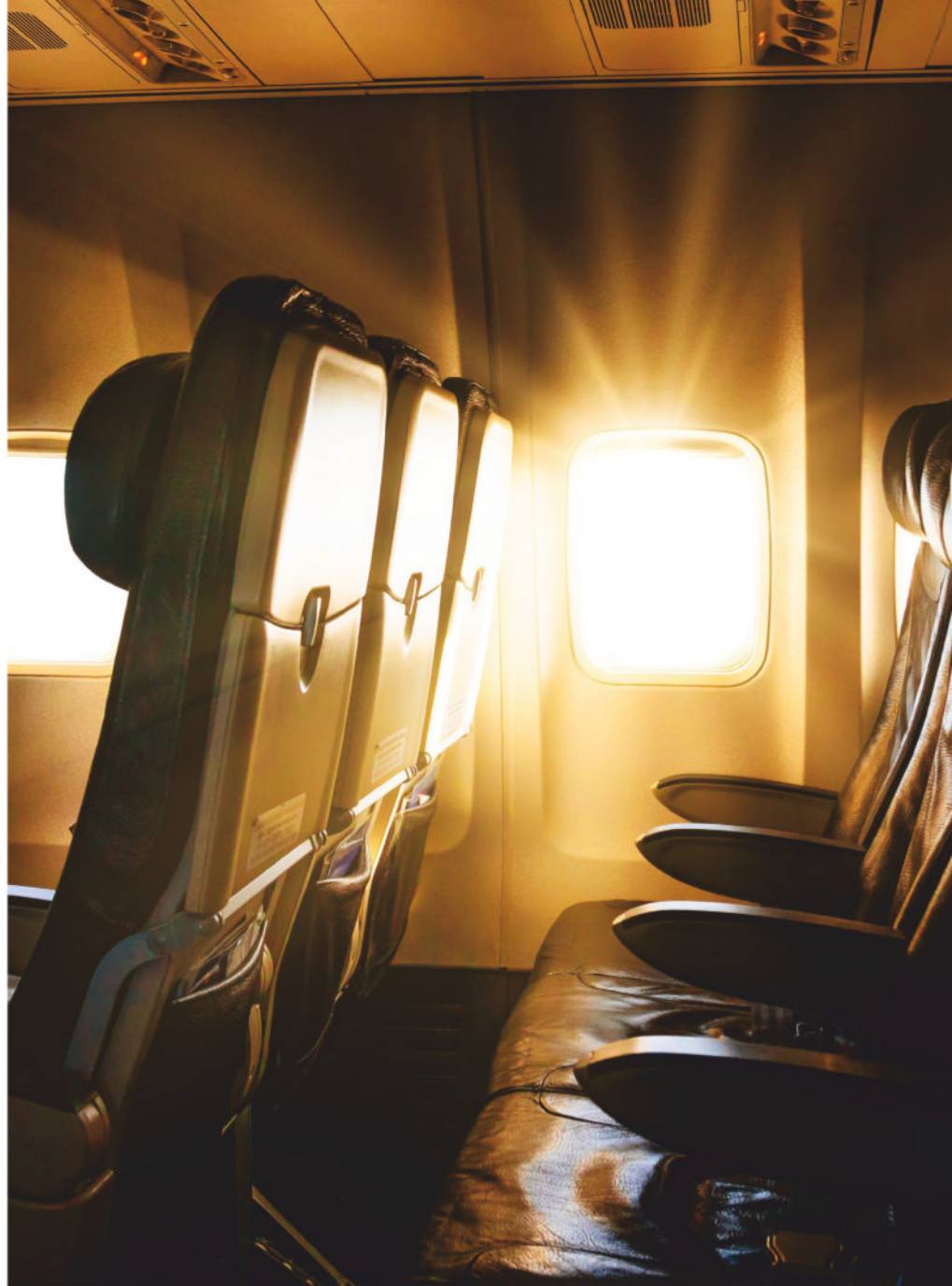
+ Communicate

Talk to your travelling companions so they're aware of your anxieties.

YOU GET MOTION SICK

Motion sickness can make travelling miserable. It happens on any mode of transport, and makes sufferers nauseous, sick, sweaty, dizzy or drowsy. While it affects 2-12 year-olds, it's surprisingly common in adults – according to the RAC, a fifth of drivers and passengers feel nauseous or sick in a car.

'Travel sickness is caused by a miscommunication between our eyes and brain,' says natural health expert Dr Tim Bond from Puresential. 'Our brain is expecting a certain image, yet our eyes relay a different image because of movement. It can be triggered by repeated movements, such as going over bumps in the road, waves, swaying on a train, or turbulence on a plane.'



HOW TO PREVENT FEELING ILL

Worried about feeling queasy on your journey? Try these techniques...

1 KEEP YOUR EYES ON THE HORIZON

Try to watch scenery in the distance or keep your eyes on the horizon. 'Don't look at moving objects,' says Dr Bond. This will make nausea worse. To minimise motion, sit in the front of the car, the middle of the boat, or choose a window seat over the plane's wings.

2 BREATHE FRESH AIR

Although there's no scientific evidence, it stands to reason

that a stuffy environment won't help symptoms. If you're in a car, open a window and if you're on a boat, spend time on the deck. Travelling by plane or train? Keep cool with a handheld fan.

3 DON'T READ OR WATCH TV

'Your eyes focus on the page and tell your body you're sitting still, but your peripheral vision, ears and other receptors are aware this isn't the case,' says Dr

Deborah Lee, from the Dr Fox Online Pharmacy. 'When the brain senses a mismatch, you feel unwell.' If reading, watching TV or texting, only do so for a few minutes then stare at a fixed point.

4 SLEEP

If it is possible, try to sleep as soon as you're travelling. If you are not tired, then try closing your eyes anyway, as this can be an effective distraction.



Manage it

There are numerous treatments and prevention techniques: Kwells (£3.29 for 12 tablets, Superdrug) or Scopoderm Patches (£17.20 for two, doctorfox.co.uk). Alternatively, Ginger Root Capsules (£11.49 for 120 capsules, hollandandbarrett.com), Sea-Band Nausea Relief Acupressure Bands (£7.02, Amazon.co.uk), or Puresential's SOS Travel Roll-On (£9.90, Puresential), which contains essential oils to help nausea and anxiety.

YOU HAVE STOMACH ISSUES

If you have coeliac disease or IBS,

travelling can be very stressful. 'Even putting gluten-free bread in a toaster used for regular bread can be a source of gluten cross-contact and cause abdominal pain, migraine and diarrhoea if eaten,' says dietitian Cristian Costas from City Dietitians.

IBS sufferers may also struggle. 'IBS symptoms are multifactorial and usually linked to diet, activity, mental wellness and sleep. People with IBS can also have intolerances to multiple foods and changes to their routine can make them more sensitive to certain foods on a particular day, which makes things feel uncertain,' explains Cristian. 'Furthermore, hospitality sectors in many countries don't always have the necessary awareness on how to provide safe foods suitable for intolerances, allergies and certain autoimmune conditions like coeliac disease.'

Manage it

Operators such as TUI offer gluten-free-friendly holidays. Coeliac.org.uk and theibsnetwork.org also offer advice about travelling with stomach conditions.

YOU HAVE AN EATING DISORDER

'Holidays are social events typically centred around food and drink,' says Kerrie Jones, CEO & founder of Orri, an eating disorder treatment service. 'The prospect of socialising in a group, or regular basis, may feel overwhelming for people with eating disorders – they may struggle to make decisions about what to eat, and limit intake to compensate for other food eaten,' she explains.

Manage it

Follow a routine. 'Find a structure that helps you maintain consistency in your meals and mindset,' says Kerrie, who also recommends creating a "pause plan" that involves an escape route and an opportunity to ground yourself. 'Remember, you can always say no if it's too much,' she says. 'Recovery from disordered eating is as much about being true to your needs as it is about challenging yourself.'

Stress
less in
30
seconds

HAPPY TRAVELS

Give these calming techniques and products a go...

+ USE TOUCH

Stroke your arms.

'This triggers delta waves in the brain, which send the message that everything is OK,' says behavioural expert Professor Margareta James, from the Harley Street Wellbeing Clinic. Reinforce this with regular positive affirmations, such as 'I feel safe, peaceful and calm.'

+ SNACK ON NUTS

Nuts provide protein – essential for blood-sugar balance.

'If your blood sugar levels are all over the place, metabolically you'll be out of balance emotionally and physically,' says clinical nutritionist Suzie Sawyer. Therefore, nervous travellers should also swap caffeinated drinks (e.g. coffee, tea, cola) for chamomile, which can help to aid relaxation, according to research***.

+ TRY CBD

'There's growing scientific evidence that CBD helps with stress and anxiety,' says pharmacist Sultan Dajani. 'It seems to target the cardiovascular response to stress, by lowering blood pressure and heart rate.' Opt for a high-quality brand, such as Dragonfly CBD Oil (£29.50 for 10ml, Boots).

+ TAKE HERBS

'Valerian root has calming effects,' says psychologist Charlotte Armitage. And lavender and rhodiola rosea are great relaxers. Try Kalms Day tablets (£8.95 for 200, Boots).

W&H OFFER

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Treat yourself to beautiful skin
this holiday season



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YOU & YOUR DIET



HAPPINESS ON A PLATE

This issue is all about food to make you smile. Whether it's delicious dishes that take you to the Amalfi coast, barbecue swaps that allow you extra helpings or the lowdown on what to eat for a mood boost, you'll find it here, courtesy of our w&h experts. Plus, if holidays are on the horizon and you're interested in a quick shape-up, we have the healthiest, easiest seven-day eating plan designed to make you look and feel amazing. Bon appetite!

Your speedy HOLIDAY SHAPE-UP

Our healthy summer weight-loss plan is packed with flavour and will help you to feel amazing – fast

LOSE
7LB IN
7 DAYS

YOUR PLAN

Oops! Have you forgotten to diet and your holiday is just days away? No problem! Our plan promises quick results while still filling you up. How? Eating plenty of lean protein – think chicken, turkey, fish, eggs and beans – and fibre-loaded fruit and vegetables will ramp up a sluggish digestion that could be impeding your weight loss. Add chilli, ginger and cinnamon, and the thermogenic effect (in other words, the generation of heat) they have on the body will speed up the burn by up to an extra 200 calories a day. Our menu choices below are super tasty but designed to help you to feel better in your holiday wardrobe. Sounds like a win-win to us.

Start the day with a glass of warm water spiked with fresh ginger slices, and aim to drink at least 2ltr of fluid each day. It can be water, herbal or fruit tea – add ¼tsp honey if you need to.

MONDAY

+ BURN-IT-UP BREAKFAST

2 eggs, scrambled, with 1tsp paprika, 2 mushrooms, chopped and grilled, and 2 cherry tomatoes, grilled.

+ LOSE MORE AT LUNCH

Small carton of spicy

parsnip soup, served with 2 Ryvita Thins.

+ NICE AND SPICY SUPPER

Turkey chilli, made with 30g lean turkey mince, small tin tomatoes, 1tsp garlic puree, 1tsp chilli flakes, 2tbsp red kidney beans. Serve with 3tbsp cooked brown rice and a small green salad.





STAY HYDRATED

When you drink very cold drinks, the body uses up calories by bringing them up to body temperature. You could lose more than a pound in three months simply by swapping two litres of water at room temperature each day to the same amount with loads of ice. Try adding the zest of a lemon or lime to add flavour.



TUESDAY

+ BURN-IT-UP BREAKFAST

Combine a chopped banana with a tub of low-fat yogurt, a handful of blueberries and 1tsp grated ginger.

+ LOSE MORE AT LUNCH

Wholemeal pitta filled with shredded lettuce, tomato and red onion slices, plus 1tsp sweet chilli sauce.

+ NICE AND SPICY SUPPER

In a wok, cook 30g lean chicken, a diced small onion, a large green pepper, deseeded and chopped, a small tin of chopped tomatoes and 1tsp each of garlic puree and medium curry powder. Serve with 3tbsp cooked brown rice. >>



WEDNESDAY

+ BURN-IT-UP BREAKFAST

Make an omelette using 2 eggs, a handful of spinach leaves and 1tsp hot pepper sauce. Serve with a glass of unsweetened orange juice.

+ LOSE MORE AT LUNCH

Combine 3 slices of cooked chicken breast with

shredded lettuce, cucumber and tomato slices, 3 chopped spring onions and ¼tsp chilli flakes, then load into 1 small wholemeal pitta.

+ NICE AND SPICY SUPPER

Tuna steak brushed with 1tsp red pesto, pan-fried for 5-7 mins. Serve with a bag of rocket and 1tsp hot salsa.

FRIDAY

+ BURN-IT-UP BREAKFAST

Bowl of unsweetened granola, with 1tbsp Greek yogurt, handful of blueberries and 1tsp grated ginger.

+ LOSE MORE AT LUNCH

Sandwich made with 2 slices rye bread, 2tbsp tuna in brine, drained and mixed with 1tsp each mayonnaise and chilli sauce.

+ NICE AND SPICY SUPPER

Medium steak fillet served with 3tbsp sweet potato mash and 2tsp hot salsa.



THURSDAY

+ BURN-IT-UP BREAKFAST

Bowl of cinnamon-spiced porridge with a handful of blueberries.

+ LOSE MORE AT LUNCH

2 Ryvita Thins spread with 1 peppered mackerel.

+ NICE AND SPICY SUPPER

Spicy shrimp skewers – thread 6-8 king prawns on two skewers, with red and green pepper chunks and cherry tomatoes, halved. Drizzle with 1tsp olive oil and hot pepper sauce and grill for 3-5 mins until cooked. Serve with 3tbsp cooked couscous and a small green salad.



BUFFET CHEAT

Hotel buffets can be oh-so tempting, but there is a trick that could help to reduce the side effects while you're away. Researchers have discovered that a component in grapefruit seems to lower insulin levels, which could reduce the desire to snack and make it easier for you to burn fat. One study in 2006 found that having grapefruit or grapefruit juice before every meal resulted in more than three pounds lost over 12 weeks.



MAKE YOUR OWN BANANA ICE CREAM

Tempted by treats at this time of year? We don't blame you. Sweet soft bananas make the healthiest summer ice cream you could dream of – just 100 calories. Simply chop into slices, freeze for at least two hours, then blend in a food processor. You need to keep blending through the crumbly and gooey stages until it's completely smooth and has a soft scoop texture.

SNACKS

Choose one of these each day to eat alongside your meals

- + 2 cubes cheddar cheese, served with 3 spicy olives
- + 3 sticks celery with 2tbsp red pepper dip
- + 1 banana
- + 1 small tub natural yogurt, with a handful of berries
- + 1 small bag spicy veg crisps
- + Green pepper and carrot slices with 2tbsp hot salsa dip
- + 1 pear



SATURDAY

+ BURN-IT-UP BREAKFAST

Slice of wholemeal toast spread with 1tbsp peanut or almond butter. Glass of unsweetened orange juice.

+ LOSE MORE AT LUNCH

Watercress and orange salad, served with a dressing made from 1tbsp olive oil and 1tsp lemon juice, then sprinkled with sesame seeds.

+ NICE AND SPICY SUPPER

Combine 3tbsp cooked brown penne pasta, 2tsp stir-in tomato sauce and 5 slices of spicy sausage.



SUNDAY

+ BURN-IT-UP BREAKFAST

Poached egg, 2 slices lean bacon, 2tbsp spicy baked beans.

+ LOSE MORE AT LUNCH:

Wholemeal roll filled with 3 slices chicken tikka, shredded lettuce and pepper slices.

+ NICE AND SPICY SUPPER

Bake cod fillet with chopped tomatoes with herbs, a green pepper and 1tsp chilli flakes for 15-20 mins. Serve with 3tbsp brown rice and green salad.

3 WAYS TO LOOK SLIMMER – NOW!

Even if you've only got a week to go, there are clever ways to quickly slim down. These tricks aren't about long-term weight loss – they're cheats that help if you're short on time...

1 SORT YOUR POSTURE

Poor posture can give you a pot belly. Standing properly can help to draw in your waist and push out your bust and bum, giving you an instant hourglass figure. Make sure you always lift your head and pull your shoulders back. For long-term figure-fixing, try Pilates, which is great for improving your posture.

2 CHEAT GYM-BUNNY MUSCLE TONE

Highlighting more muscular parts can help you to look firmer and tauter. Take a shimmery highlighting oil and stroke it across your collarbone and down the fronts of your arms and legs. If you're a fake-tan master, you could also try this – apply a light to medium base tan, then use a darker shade for the contour areas. Look for 'how-to' videos on YouTube.

3 WEAR A SWIMSUIT TO SUIT YOUR FIGURE

Picking the right swimming costume can make a big difference. If your figure is...

...Boyish

A bikini with details like ruffles or big patterns will emphasise bust and hips.

...Curvy

A retro-style bikini or one-piece will hold you firm and flaunt your shape.

...Pear

Draw attention away from your thighs with detailing around the bust or waist.

...Apple

Choose a one-piece with a control panel to flatten your stomach.

recipes

Coastal



*Grilled sea
bass with
mint dressing*

KITCHEN

Bring the holidays home with fresh and healthy
recipes straight from the Italian coast



*Pepper,
mozzarella and
ciabatta skewers*



Lemon and fennel salad with radicchio

The Amalfi coast is known for its lemons, and this zesty salad, filled with digestion-aiding ingredients, makes the most of the prized citrus.

Serves 4 • Prep 15 mins

2 radicchio, torn
2 lemons, peeled and sliced
1 fennel head, trimmed and sliced into matchsticks
Generous handful of rocket, torn into shreds
2tbsp extra virgin olive oil
2tbsp Parmesan, grated
A few drops of balsamic vinegar

1 Arrange the radicchio on 4 plates. Add the lemon slices, fennel and torn rocket.

2 To make the dressing, mix together in a small bowl the oil, Parmesan, balsamic vinegar and seasoning. Pour the dressing over the salad just before serving.

Per serving: 55 cal, 3g fat, 2g sat fat, 2g carbs

Grilled sea bass with mint dressing



The mint makes for a vibrant sauce in this simple yet delicious recipe. Serve it whole, as part of a summertime feast.

Serves 4 • Prep 20 mins, plus infusing
• Cook 40 mins

1 whole sea bass or red snapper, about 1.2kg-1.6kg, scaled and gutted
1 garlic clove, chopped
1tbsp flat-leaf parsley, chopped
1tbsp mint, chopped
3tbsp olive oil
2tsp Italian '00' flour

For the mint sauce:

185ml extra virgin olive oil
1 garlic clove, crushed
2tbsp white wine vinegar
3tbsp lemon juice
Large handful of mint, chopped

1 In a bowl whisk the oil, garlic, white wine vinegar, lemon juice and season. Stir through the mint and leave to one side to infuse for 1 hr.

2 Heat the grill to a medium heat. Rinse the fish, pat dry and season. Combine the garlic, parsley, mint and oil in a small bowl, then rub the mixture over the fish. Season then dust with flour.

3 Grill the fish for 18-20 mins, gently turning halfway. Sprinkle it with salt and flour, and grill for a further 8-10 mins on the other side. To test for doneness, insert a small paring knife into the fleshiest part of the fish – it should be flaky and opaque.

4 Transfer the fish to a large serving platter and serve with the mint sauce.
Per serving: 723 cal, 61g fat, 10g sat fat, 2g carbs

TIP: Ask the fishmonger to descale and gut the fish for you

Pepper, mozzarella and ciabatta skewers



Get a taste of the sun with these super simple antipasti skewers. Glorious to serve at gatherings with friends and family.

Serves 6 • Prep 20 mins
• Cook 50 mins

2 large red peppers
50g unsalted butter
6 anchovies
1 sourdough baguette or similar
3tbsp olive oil
3 mozzarella balls, drained
Large handful of basil
Small handful flat-leaf parsley, chopped to serve

1 Heat the oven to 200C Fan/Gas 7.

Put the red peppers on a baking sheet and roast for 35-40 mins until slightly charred. Leave to cool, then peel off the skin and cut into 18 pieces.

2 Reduce the oven to 160C Fan/Gas 4. Put the butter in a small pan with the anchovies and heat gently until melted.

3 Cut the bread into 18 slices and brush with oil. Cut the mozzarella into 18 slices about 1cm thick.

4 Thread 6 skewers, allowing 3 pieces of each ingredient per skewer, making sure that the ingredients are tightly pressed together.

5 Put the skewers on an oiled baking sheet, season and brush with the melted anchovy butter. Bake for 5 mins, turning halfway to check that they are evenly browning. Top with parsley.

Per serving: 430 cal, 21g fat, 13g sat fat, 38g carbs



+ Recipes and photos adapted from *Cucina di Amalfi*, by Ursula Ferrigno (RRP £20, Ryland Peters & Small). Photography: Nassima Rothacker



Roasted peaches with burrata and basil

Roasting the peaches intensifies their natural sweetness. This makes a fantastic starter or side, served alongside seafood, chicken or grilled meats.

Serves 6 • Prep 10 mins

• Cook 5 mins

3 peaches, pitted and cut in half

1 courgette, grated

1 burrata

Handful fresh basil, leaves torn

Zest 1 lemon

**Extra virgin olive oil,
for drizzling**

1 Heat the grill to medium. Season the peach halves and arrange the grated courgette over the top. Grill for 4 mins or until golden.

2 While still warm, put the peaches in a serving bowl and add the burrata in dollops. Garnish with fresh basil, lemon zest and a touch of oil.

Per serving: 130 cals, 9g fat, 4g sat fat, 6g carbs

TIP: Firm peaches are best for this, as very juicy ones will not hold their shape when cooked



HAPPINESS on a plate

Could your diet be the reason you're feeling low? Stop food affecting your emotions with these expert tricks

We know that eating healthily is good for our body. From reducing the risk of heart disease to aiding weight loss, having a balanced diet is hugely beneficial – but the foods we consume also have an impact on our emotions and wellbeing.

That's because our gut, brain and nervous system are all connected. Our brain needs the right fuel to take care of our mind and body and we get that from the food we eat, so feeding your body the right nutrition will affect the function of your brain and, in turn, your moods.

'There is no doubt that the foods we eat can affect our mental health. While diet alone is not a cure for anxiety and depression, there are dietary habits we can adopt, such as choosing minimally processed, fibre-rich and low GI foods, that may reduce our risk of experiencing symptoms of low mood,' says registered nutritionist Dr Laura Brown, lecturer in nutrition, food and health sciences at Teesside University.

What's more, how we behave is linked to the kind of bacteria that lives in our gut. Our gastrointestinal (GI) tract produces billions of bacteria, which influences the chemical substances, serotonin and dopamine, that carry messages to the brain. Serotonin, known as the 'happy hormone', helps regulate sleep and appetite, moods and pain and about 95% of it is produced in the gut.

So, what kind of foods can affect our moods? Here's what you need to know.

Anxiety

Our gut and brain are so closely connected that a diet made up of foods with low nutritional value, including processed foods, such as crisps, sugary snacks and drinks, and fried foods, can lead to anxiety.

'Foods like crackers and biscuits are low in nutritional value, highly processed, they often contain the three triggers for poor gut health: gluten, dairy and sugar,' says nutritionist Mays Al-Ali from healthymays.com.

'We know that the gut and brain are interlinked, so a disturbed gut will lower the mood through the

MOOD BOOSTER

'Omega-3 polyunsaturated fatty acids (PUFAs) really help to reduce anxiety and depression. Oily fish – salmon, mackerel, anchovies, sardines and herring – are naturally high in oily fats,' says Mays.

complex connection of millions of neurons via the vagus nerve, linking the gut brain axis. Eating highly processed carb snacks, that are full of sugar, will not improve your mood.'

Low energy

Some foods and drinks can increase feelings of extreme fatigue. For example, white bread, white rice, potatoes, cereal bars, sugary snacks and fruit juices can leave you lacking in energy.

'These types of foods are referred to as high glycaemic index (HGI) foods, as they can cause blood sugar levels to rapidly rise, giving us a quick burst of energy,' says Laura. 'This triggers the pancreas to release more insulin, which makes glucose levels fall quickly, causing us to feel low in energy later. This can

MOOD BOOSTER

Increase your intake of low GI foods, such as grainy breads, and non-starchy fruit and veg. 'These are digested and absorbed at a slower rate, which is beneficial for the body for many reasons, including a steadier supply of energy,' explains Laura.

lead to feelings of tiredness and also promote cravings and overeating.'

This roller-coaster activity can then become part of everyday life. >>



Sadness

If you're feeling low, you may put it down to work stress, family life, or tiredness. However, there is a clear connection between the gut and mental health, with bacteria living in our digestive system playing a vital role in reducing anxiety and depression.

'Research has observed a positive shift in gut bacteria populations, resulting in significantly fewer sad moods and negative thoughts,' says Laura. 'It's therefore important to consume more of the good kind of bacteria to keep your gut healthy

MOOD BOOSTER

'Tryptophan is an essential amino acid. It's needed to produce serotonin, which helps to lift our mood, prevent depression and stress. Tryptophan-rich foods include fish, nuts, seeds and eggs, legumes, tempeh, tofu and chicken, beef,' says Mays.

and your mood stable. For example, yogurt, sauerkraut, kimchi, kombucha and fermented veggies are all high in probiotics.'

Stress

When you feel stressed, you may find yourself reaching for the biscuit jar, but choosing the wrong foods can make it worse. Foods that are high in calories but low in nutrition, such as biscuits, cakes and snack bars, rapidly increase your blood sugar levels, which can make you feel more stressed.

Caffeine, which can be found in tea, coffee, chocolate and energy drinks, can also lead to overstimulation of our bodies' natural stress response.

'Caffeine spikes the hormone cortisol, which can be hard on the nervous system, causing

MOOD BOOSTER

Herbs can help decrease anxiety and stress levels. You can add herbs to your daily life by drinking herbal teas, suggests Mays. 'Things like chamomile, lemon balm, passionflower, valerian and lavender are all wonderful.'

a blood-sugar roller coaster, leading to energy crashes and mood dips. Because of this, coffee can cause anxiety and increase stress,' says Mays.

Motivation

When you're not fuelling your body with the right nutrition, you may feel 'hangry' or have dips in energy, which make you less productive.

Look at how much protein you're eating, as it's been linked to higher levels of dopamine and norepinephrine, which are chemicals that play a role in your mood, motivation and concentration.

'Most people don't eat enough protein and this can really effect your mood – roughly speaking we need at least 1g protein per kg of body weight, and that's if you

MOOD BOOSTER

'Over 70% of our brain is made up of water, so being dehydrated is going to have an impact on how we're feeling. We should aim to drink two litres of fluid a day (mostly water) to avoid poor concentration, headaches, and low mood,' advises Laura.

aren't super active – if you are active, then you need even more – so, for a 60kg woman, you will need 60g protein,' says Mays.

Your better BBQ

Firing up the grill? Enjoy healthy meals al fresco by switching your usual choices for these lower calorie options

SAUSAGES

SWAP



2 pork chipolata sausages
168 cals

FOR



2 chicken chipolata sausages
72 cals

SAVE
96
CALs

SAUCE

SWAP



Sticky BBQ sauce 171 cals
(per 100g)

FOR



Mild peri-peri sauce
46 cals (per 100g)

SAVE
125
CALs PER
100G

BURGERS

SWAP



Quarter-pounder beef burger
291 cals

FOR



Spicy meat-free burger
117 cals

SAVE
174
CALs

CHEESE

SWAP



Halloumi 332 cals
(per 100g)

FOR



Mozzarella 213 cals
(per 100g)

SAVE
119
CALs

SKEWERS

SWAP



2 chicken-thigh kebabs
184 cals

FOR



2 prawn skewers
58 cals

SAVE
126
CALs

BREAD

SWAP



Brioche roll 306 cals

FOR



Wholemeal roll 200 cals

SAVE
106
CALs

EAT TO BEAT

JOINT PAIN

Battle body aches with healthy, inflammation-busting meals

Mini salmon, asparagus and pea frittatas

Salmon is high in omega-3 fatty acids that help reduce inflammation. Ready in less than 30 minutes, this recipe is a winner!

Serves 4 • Prep 10 mins
• Cook 15 mins

2 medium eggs, plus 2 egg whites
50g smoked salmon, chopped
25g frozen peas
50g asparagus tips, halved lengthways

Small bunch dill, chopped
Handful of watercress, to serve

You will need:

A muffin tin, lined or greased

1 Heat the oven to 180C Fan/Gas 6.
In a large bowl mix together the eggs, egg whites, smoked salmon, peas,

asparagus and dill. Season to taste.

2 Divide the mixture between the muffin tin and bake for 15-20 mins, or until set. Leave to cool for 10 mins in the tin. Remove and serve hot or cold with watercress.

Per serving: 85 cals, 4.5g fat, 1g sat fat, 1g carbs



Grilled chicken with orzo pasta salad

Healthy and hearty, this summer salad makes the most of seasonal peppers that contain capsaicin, a chemical compound that is known to reduce inflammation, and even pain.

Serves 4 • Prep 10 mins, plus marinating • Cook 20 mins

4 skinless chicken breast fillets
Few sprigs oregano, finely chopped
3 garlic cloves, crushed
Zest and juice of 2 lemons
3 mixed peppers, quartered and deseeded
250g orzo pasta or gluten-free alternative
250g frozen broad beans
200g green beans, trimmed and halved
150g reduced-fat feta cheese
Extra virgin olive oil, drizzle to serve
Small bunch of parsley and mint, chopped to serve (optional)

1 Put the chicken in a bowl with the oregano, two of the crushed garlic cloves and the zest and juice of 1 lemon. Season and mix well, cover and chill for at least 30 mins or overnight.
2 Heat a griddle pan or large pan to hot. Cook the chicken and peppers

for 10-15 mins, turning occasionally, until the chicken is cooked through and the peppers are tender. Add a splash of oil if they start to stick. Set aside.

3 Cook the orzo according to pack instructions, adding the broad beans and green beans for the final 3 mins. Drain, cool under cold water, drain again and tip onto a platter or serving plate.

4 Chop up the peppers and slice the chicken. Add to the platter and crumble over the feta.

5 Mix together the remaining garlic clove and lemon zest and juice with the olive oil, parsley and mint. Season, then pour over the salad.

Per serving: 604 cals, 18g fat, 4.5g sat fat, 55g carbs

TIP: Swap some of the orzo for fibre-rich lentils for an extra hit of inflammation-busting goodness in your diet

Turkey and beetroot 'pizza'

Up your veggie count with a gluten-free, low-carb twist on a takeaway favourite.

Makes 1 • Prep 10 mins
• Cook 20 mins

200g cauliflower florets
1 beetroot, washed and grated
1 medium egg
1tbsp grated Cheddar
1tbsp olive oil
100g lean turkey mince
¼ red chilli, deseeded and chopped
1 spring onion, sliced
½ small red onion, finely sliced
1tsp za'atar spice blend (or use a mix of ground cumin and coriander)
2½tbsp 0% Total Greek Yogurt
Small handful fresh herbs, chopped (eg parsley, dill, mint)
You will need:
A large lined baking tray



1 Heat the oven to 180C Fan/Gas 6. Whizz the cauliflower in a food processor to fine crumbs. Cook in a pan with a splash of water for 5 mins to soften. Drain and squeeze out the excess water.

2 Mix the cauliflower with the beetroot, egg and cheese, and season. Tip onto a lined baking sheet and make an oval shape no thicker than ½cm. Spray with oil and bake for 15 mins.

3 Meanwhile, heat the oil in a frying pan and cook the turkey mince over a medium-high heat until golden, breaking up with a wooden spoon. Add the chilli, spring onion, most of the red onion and the spice blend, fry for another 2-3 mins.

4 Top the 'pizza' base with the yogurt, add the mince and serve scattered with the remaining onion and herbs.

Per serving: 486 cals, 24g fat, 7g sat fat, 18g carbs

TIP: Cruciferous veg like cauliflower contain sulforaphane, a compound that tackles inflammation



BOOST

your summer salad

Just a few tweaks to this summer classic could result in a healthier you

We all know that salad is a nutritious, low-calorie

choice, but are you missing out on some extra goodness? By simply adding in a few key ingredients, you could transform this easy meal to help get your health in shape as well as your waistline. So whether you want to sort tummy troubles or keep your immune system strong, our experts have the salad bowl for you.

What to do

The perfect salad combines different flavours, textures and colours. Start with a basic base of chopped lettuce – you could use iceberg, green leaf, romaine or a mixed bag with a variety of leaves – and toss in tomatoes. Then build up your health-boosting salad with these ingredient combos...



The anti-ageing salad

Created by Dr Hussain Ahmad from Click2Pharmacy

+ ADD FETA

This cheese contains *Lactiplantibacillus plantarum*, a 'good' bacteria that lowers inflammation – helping to reduce tiredness associated with common aches and pains, leaving you feeling more energised.

+ ADD SPINACH

Rich in chlorophyll (the source of its green colour), which improves collagen production while ridding the body of damaging toxins. It also contains vitamins A and C, iron, beta carotene and folate – great for healthy hair and scalp.

+ ADD PECANS

These nuts are skin saviours containing vitamins A and E, which help fight harmful free radicals that damage skin cells.

+ ADD STRAWBERRIES

If you enjoy a fruity twist in your salad, strawberries protect against UV damage.

+ ADD OLIVE OIL AND HONEY

Combine for a dressing that's loaded with anti-ageing nutrients. Extra virgin olive oil contains heart-healthy, inflammation-reducing fats. Honey provides antioxidants that protect cells against oxidative damage caused by sugar, plus toxins in alcohol and tobacco.

GREAT FOR:
Fighting toxins



The immune-boosting salad

Created by nutritionist Georgina Earing

+ ADD ORANGE AND YELLOW VEG

Squash, sweet potato and yellow peppers are rich in vitamin A, which supports T-cells – a type of white blood cell that fights viruses or infectious bacteria.

+ ADD EGGS

They'll boost intake of the key micronutrients selenium and choline.

+ ADD POWER GREENS

Spinach, kale, pea shoots and watercress are packed with vitamin A and C, and folic acid. Folic acid helps reduce tiredness and plays a role in producing new immune cells.

+ ADD BROCCOLI

It contains vitamin C, which is essential for tissue growth and repair, wound healing and fighting free radicals, helping prevent or delay heart disease and certain cancers.

+ ADD FLAKED ALMONDS

Topping your salad with these will up your intake of copper, zinc, folate and iron – all essential for the normal functioning of your immune system.

GREAT FOR:
Helping you stay well



The skin-loving salad

Created by dietitian Sophie Medlin

+ ADD CARROTS

Loaded with vitamin A and beta carotene, this root veg can prevent blemishes by reducing inflammation and encouraging cell regeneration.

+ ADD CABBAGE

Packed with antioxidants to help diminish the signs of ageing, by improving skin tone and reducing the appearance of wrinkles and age spots.

+ ADD PEAS

Sugar snaps are a rich source of vitamin C, key for producing collagen. This improves skin strength and elasticity.

+ ADD CUCUMBER

Containing B vitamins, this refreshing ingredient can help balance out natural oils and support skin's natural defences.

+ ADD SALMON

Omega-3 fatty acids found in oily fish help reduce inflammation and prevent collagen breakdown. They also keep skin thick, supple and moisturised.

GREAT FOR:
A youthful glow

The gut-friendly salad

Created by dietitian Lola Biggs from Together Health*

+ ADD SPROUTED BUCKWHEAT

This healthy grain is naturally gluten-free and as it's sprouted (germinated wholegrain seeds) it's easy to digest and absorb the nutrients.

+ ADD FERMENTED CABBAGE

It's brimming with probiotics that improve the health of your digestive system by optimising gut flora (helping fight off bad bacteria and infections) and balancing gut microbiome.

+ ADD BEETROOT

This nutritious root stimulates bile production, essential for the smooth breakdown of foods and toxic waste.

+ ADD FENNEL

This digestive-tract saviour helps reduce the build-up of harmful bacteria in our gut, known to cause excess gas.



IS YOUR DRESSING MAKING YOU FAT?

Dietitian Helen Bond shares her tips for choosing a healthy option

1 Check the label

Trying to lose inches? Choose a dressing that lists water as its first ingredient instead of oil

2 Beware of sugar and salt

Manufacturers often add a lot more salt and sugar to reduced-fat varieties

3 Watch your serving size

We're all guilty of over-glugging – a typical serving is just one tablespoon (15ml)



Secrets of
**COOKING
SMARTER**

Don't waste quality produce by making meals 'wrong'. Here's how to get maximum nutritional returns on your health food investments

Eating well is undoubtedly one of the best ways to stay healthy and live longer. But when money is tight, we want every penny we spend, and every nutrient we consume, to count. One way to do this is to tweak how you prep and process on a daily basis.

The way you choose to cook foods – or not – influences how many nutrients are available to be absorbed by the body. ‘While it could be said that all fruit and vegetables contain more nutrition when raw, cooking foods can also enhance and liberate some beneficial components,’ says registered nutritional therapist Jenny McGuckian*. Here’s the knowledge you need to extract as much goodness as possible from those potentially expensive healthy ingredients.

THE RAW TRUTH

While humans would once have eaten all foods raw, this doesn’t mean that it’s always better. ‘There isn’t a sufficient body of evidence to back up the claim that raw food is healthier,’ says registered nutritional therapist Tracy Breuning at Bio-Kult. In fact, some scientists believe that the use of fire to cook food, which began about one million years ago, was the main reason for the development of humans’ large brains, and our successful evolution as a species. ‘And there are some serious health risks associated with following a strict raw food diet, such as poor bone density,’ adds Jenny.

KNOW YOUR NUTRIENTS

That said, research shows that some nutrient levels decrease when food is cooked. So try eating these foods raw

at least some of the time to enjoy all their top health benefits:

+ CRUCIFEROUS VEGETABLES

‘Broccoli, cabbage and cauliflower contain a phytonutrient called sulforaphane, which research indicates has anticancer properties,’ says Jenny. Sulforaphane can be up to 10 times more potent when the vegetable is raw rather than cooked, according to one controlled trial**. If you’re not keen on raw cabbage, try fermenting it to create kimchi.

+ ONIONS AND GARLIC

Also high in anticancer sulfuric compounds when raw, ‘I tell my clients to chop garlic 10 minutes before cooking to release these beneficial compounds and then add it to their cooking last to retain as much of the goodness as possible,’ says Jenny.

+ VITAMIN C-RICH FRUIT AND VEG, SUCH AS RED BELL PEPPERS

Vital to your body’s healing abilities, this vitamin is known to be particularly sensitive to heat exposure.

BOIL, STEAM OR BAKE?

Of course, many of us cook because we want to change food – to enhance flavour, add texture and just generally tantalise the taste buds. So what’s the best way to do it? ‘Lightly steaming appears to preserve more nutrients in most foods, while boiling in water appears to be the worst,’ says Jenny.

Out of all food types, the nutrient profiles of vegetables seem most vulnerable to heat. But if you don’t want to switch to steaming all of your five-a-day, there are other ways to reduce vitamin and mineral loss, as suggested by researchers at

Kyoto University, Japan:

- + Reuse the water you use to boil your vegetables, such as in a gravy, broth, stew or soup;
- + Make sure you don’t over boil your food;
- + Add a small amount of salt.

STAY SAFE

Most meat and poultry should never be eaten raw because they can be contaminated by bacteria and parasites that can lead to severe illness. Eggs can also carry a pathogenic bacteria called salmonella, so should be cooked. ‘Interestingly, when eggs are cooked their proteins are 180% easier to digest, according to a clinical trial***,’ says Jenny. So it’s a win, win!

PREP BETTER

Preparing your food differently could also help. ‘Boiling with skins on greatly reduces the loss of water-soluble micronutrients. For example, boiling a potato with the skin on greatly reduces the loss of water-soluble micronutrients such as vitamin B6 and B12,’ says registered nutritionist Rhiannon Lambert, author of *The Science of Nutrition* (£20, HB, DK). ‘Baking or air frying skin-on potatoes works in the same way.’ This applies to other vegetables with skins, such as carrots, butternut squash and beetroot – just wash them first.

THE GUT-HEALTHY CHOICE

Cooking breaks food down, making it easier to digest, while fibre content is relatively unchanged. ‘As a gut health expert, when I see clients who are struggling with their digestive system, one of the first things we might do is to switch temporarily to a diet that only includes softer, slow-cooked foods,’ says Jenny.

On the other hand, raw fruit and vegetables are an important source of healthy gut bacteria, some of which cooking kills off. So if you can deal with raw food without any digestive issue, you’ll benefit from eating a proportion of raw foods within your diet.

COOK YOUR CAROTENOIDS

Despite cooking lowering vitamin C levels, one study*** showed that the total antioxidant activity of tomatoes significantly increased after cooking, as heat improved the bioavailability of lycopene. ‘Lycopene belongs to a family of nutrients called carotenoids, which are found in other foods, such as carrots and spinach too,’ says Jenny. ‘Carotenoids are fat soluble, meaning they’re best absorbed when cooked in the presence of healthy fat.’

reader offer

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HAIR & BEAUTY

GET YOUR GODDESS ON

Bring on that summer glow with a little help from the w&h beauty experts. We have the inside knowledge on how to get shiny, happy hair, however strong the sunshine. And a head-to-toe skincare guide that will make your body feel like velvet. Plus, we've found the perfect summer shades so you can give your make-up a shake-up. It's time to shine!



What works RIGHT NOW?

All the latest beauty trends as we look towards late summer

TO DYE FOR

Enjoy gorgeously glossy colour and a moment of self-care with **Garnier Good Permanent Hair Colour, £12.99**, which makes DIY-dyeing more treat than chore. This is permanent colour (and 100% grey coverage) with a difference. The silky, non-drip cream is mixed in the tub and applied like a hair mask, with a sandalwood scent that elevates the whole experience. It comes in 15 shades, each promising to sparkle with multidimensional tones and glassy shine.



DID YOU KNOW?

40% OF US ARE USING SKINCARE AND MAKE-UP PRODUCTS PAST THEIR EXPIRY DATE*

SPRAY ON SUNSHINE

Close your eyes, spray & Other Stories Sicilian Sunrise Eau de Toilette, £28, [stories.com](https://www.stories.com), and you might just think you're wandering through a Sicilian lemon grove, warm sun dappled across your skin. It's a fresh, uplifting, sunshine-filled scent, combining freshly-picked lemons and warm wood.



Vitamin seaweed

Bathing among seaweed has many benefits as it acts like a sponge for vitamins and minerals in the sea. Once rehydrated in a hot bath, those good-for-skin properties are released, removing unwanted toxins from the body and stimulating circulation. It's great for soothing dry skin conditions, like eczema and psoriasis, and has been found to improve cellulite. **Voya Lazy Days Detoxifying Seaweed Bath, £22**, [theskinbay.co.uk](https://www.theskinbay.co.uk), has everything you need to create a spa ritual in your bathroom, and can be reused twice over the next two days.



Iced gems

Cryotherapy uses low temperatures to boost circulation and make everything feel tighter – and you can try skin-icing at home. Take **AMEÓN Glow Manifesto Ice Cubes, £60 for nine**, [ameonskin.co.uk](https://www.ameonskin.co.uk), from the freezer and massage over skin to hydrate, refine pores and switch on the skin's glow. **Patchology Serve Chilled On Ice Under Eye Gels, £3**, [Boots](https://www.boots.com), provide a cooling five-minute fix for puffy under-eyes. For an all-over chill, sweep **Revolution Skincare Facial Ice Globes, £12**, [revolutionbeauty.com](https://www.revolutionbeauty.com), over your face after applying serum. That morning chill will make pores less noticeable and skin feel taught.



WORDS: STEPHANIE MAYLOR. MAIN PHOTO: GETTY. *SPASEEKERS.COM/SPA-INSIDER/INSPIRATION/BEAUTY-CUPBOARD-SECRETS
**BOOTS.COM SEARCH DATA (1 JAN-31 DEC 2022 VS 1 JAN - 31 DEC 2021)

Searches for 'beauty vitamins' are up by



NAIL POLISH WITH BENEFITS

Grow longer, stronger nails with these feel-good hits for your fingertips

PLANT POWER

ASHE London Polish, £15, ashelondon.com, is colour with a conscience. It's vegan and a percentage of every sale goes to charity. Each polish contains a special resin that delivers amazing staying power.



BREATHE EASY

Made with 85-87% natural origin ingredients, **Mavala Mini Bio Colors, £6.60,** nailpolishdirect.co.uk, allow oxygen and water vapour to pass through to the nail plate, to keep it healthy and hydrated.




STRONG BOND

For nails that break at the sight of a keyboard, **OPI's Repair Mode Nail Serum, £29.90,** opiuk.com, builds four times stronger nails in six days with a clear, see-through finish that taps into the clean manicure trend.



2170% on boots.com**



Tan, smooth
and tame with
our stress-free
summer
beauty guide

*Get
ready
for the*
SUN!

Now that the sun finally makes an appearance after an unpredictable and rather chilly spring, we're all ready for shedding those winter layers, but also experience a slight twinge of panic at the idea of baring our body. Don't worry, though, we're here to help. Forget faddy diets and hurried exercise routines – you're just a few steps away to feeling gloriously confident to take on summer.

DE-FUZZ IN A FLASH

Whether you're a dedicated waxer or shaver, or are thinking of venturing into laser hair removal, getting rid of unwanted hair is a summer prerequisite.

DIY with IPL

Gadgets with IPL (Intense Pulsed Light) technology give you the option of permanently reducing hair growth at home.

Bondi Body Laser@ Home, £299, bondi-body.com, is effective and

a lot cheaper than clinic-based laser hair removal, and offers the strongest treatment we could find, including a built-in skin rejuvenation function for evening out skin tone and reducing pigmentation.

Wax on, wax off

If you're OK with letting hairs grow between treatments, waxing is an option. Head to a salon or do it yourself with **Flamingo Body Wax Kit, £9, Boots**. The 24 ready-to-use wax strips pull hairs at the root. Hairs need to be 2-6mm in length.

A closer shave

Choosing the right razor blade is key to achieving smooth, hair-free skin without nicks or rashes. If you suffer with sensitivity, consider using a five-blade



razor. Spaced closer together, they prevent the skin bulging up, so you get a closer shave with less irritation.

Venus Deluxe Smooth Sensitive Razor in Rose Gold, £12.99, Boots, is great for sensitive skin.

Pain-free removal

Long gone are the whiffy and irritating hair removal creams of yesteryear – the latest formulas suit sensitive skin and dissolve pesky hairs in minutes. We rate the gentle but effective **Nair Sensitive Hair Removal Cream, £6.19, Superdrug**, as it's great for use on underarms, bikini line and legs. Always do a patch test first.

TOP TIP!

One application of sunscreen doesn't protect you all day. Make sure you reapply regularly, especially after swimming or doing exercise.

Great gadgetry

When waiting for regrowth isn't an option, consider an epilator. These devices use rotating tweezers to pull out the shortest hairs. **Braun Silk-épil 9 Flex, £299.99, braunshop.co.uk**, has a flexible head to reach every nook and cranny, but ensure you exfoliate well beforehand.

Considering laser?

Choose a reputable company, like the Therapie Clinic, **therapieclinic.com**, which offers free consultations and prices starting from £9.95.

GET SUN SMART

There's nothing like the warm feeling of the sun on your skin, but too much UV is a one-way ticket to wrinkles, pigmentation and, in some cases, skin cancer. 'According to the World Health Organisation, up to 90% of the visible changes commonly attributed to ageing may be caused by sun exposure,' says Abi Cleeve, sun care expert and founder of Ultrasun. 'While by 2025, melanoma skin cancer cases in the UK will rise by 9%.' It doesn't matter whether you're lounging in your garden, flopping on a beach or sitting in a city cafe watching the world go by, UV levels can be just as intense and your skin can be damaged in as little as 15 minutes*. So wherever you're enjoying the sun this summer, make sure you're suitably protected with the right products and know-how.

DID YOU KNOW?
A base tan, whether real or fake, does not protect your skin from UV damage. Any skin colour, from very pale to very dark, is vulnerable to the effects of the sun and skin cancer.

PROTECTION PERFECTION

Find the right sunscreen for you.



For sensitive skin

Avène Intense Protect SPF50+ Sunscreen, £22, Superdrug. For use from six months old, this formula contains the highest broad-spectrum protection, with four UV filters to prevent skin irritation.



For make-up lovers

Coola Makeup Setting Spray SPF30, £39, asos.com. Keep skin protected without ruining your make-up. Mist your skin with this matte spray every 80 minutes to stay sun safe.



For sporty types

Sun Bum SPF30 Sunscreen Lotion, £17.99, allbeauty.com. This highly water-resistant formula will keep your skin protected for longer, even if you're in or out of the water.



For the eco-conscious

Holland & Barrett 100% Mineral Sunscreen, £9.99, hollandandbarrett.com. Choose from SPF15, 30 or 50. Formulas are vegan and ocean-friendly, plus packaging is recyclable.



For tanning addicts

Ultrasun Body Tan Activator Sculpt SPF30, £28, boots.com. Helps activate the production of melanin in your skin so you tan faster, reducing time spent in the sun.



For lightweight protection

Hawaiian Tropic Silk Hydration Dry Oil Mist SPF30, £14, boots.com. If you hate heavy sunscreens, then try this highly protective oil, which leaves skin touch-dry in seconds.



ON YOUR MARKS

The allure of sun-baked-looking skin is undeniable. From the latest formulas that promise believable bronzing to essential prep products, we've got the glow-down on finding your perfect tan.

The key to a luxe-looking tan lies in the preparation, so don't go in all guns blazing. Consult this tanning timeline for a streak-free, flawless finish.

THE DAY BEFORE

Shave 24 hours before. If waxing, give it 48 hours. This allows time for pores to constrict, so you'll avoid brown dots.

THE NIGHT BEFORE

Self-tan clings to dry patches, so exfoliate with a non-oily scrub like **Crazy Angel Body Polish, £11, crazy-angel.co.uk**, to create a smooth surface. Shower and apply moisturiser all over.

ON THE DAY

Shower and pat your skin dry. Moisturise any dry spots with **St. Tropez Tan Enhancing Body Moisturiser, £9.99, lookfantastic.com**, and ensure the rest of your body is free of lotion, perfume and deodorant, which can act as a barrier to the tan.



GET SET, GLOW!

FOR NERVOUS TANNERS

Gradual tans are enriched with moisturisers and only contain a small amount of DHA (the active ingredient in self-tans), which make them much more forgiving. **Garnier Body Summer Body Moisturising Lotion, £9.99, superdrug.com**,

is a favourite among pale-skinned tanners for its natural-looking tone.



FOR A NO-MAKE-UP GLOW

Fake tan is notoriously drying, which is why **Tan-Luxe The Crème, £39, lookfantastic.com**, is so welcome to our summer skin regime. The facial self-tan marries barrier-boosting, elasticity-enhancing skincare ingredients with a subtle amount of self-tan, so skin looks as outwardly healthy as it is on the inside.



FOR LAST-MINUTE LEGS-OUT

When the weather catches you off guard, **Vita Liberata Body Blur, £30, vitaliberata.co.uk**, hits skin with an instant sun-kissed sheen. It's more like body make-up, with the added benefit of filtering out things you want to conceal. The soft-focus finish evens out and smooths over



the skin's appearance, and stays put until washed off with soap and water.

FOR A LONG-LASTING GLOW

St. Tropez Self Tan Luxe Whipped Crème Mousse, £35, lookfantastic.com, is formulated with DHA, revered for its fast-acting results, and a secondary tanning active called erythulose, which delivers a



deeper, longer-lasting tan. And the mousse is tinted to help you blend it seamlessly.

FOR STAIN-FREE SHEETS

In the pursuit of sun-kissed skin, muddy-looking bed linen is par for the course. That is, unless you opt for a colourless formula like **Sienna X Self Tan Clear Water Mousse, £19.99, sienna-x.co.uk**. There's no transfer on clothing or bed sheets, only a golden tan that lingers, with hydrating heroes that keep skin soft.



5 WAYS TO STAY SUN SAVVY

1 CHECK YOUR SUNSCREEN IS IN DATE

Just like food, sunscreen has a shelf life. 'Fifty-seven per cent of Brits are wearing out-of-date sunscreen,' comments Abi. Check the POA symbol, a small jar symbol that's on every cosmetics product. The symbol states the number of months after opening the product can be used efficiently. The average is six to 12 months.

2 STORE YOUR SUNSCREEN PROPERLY

Never keep your sunscreen in the glove box of your car or in direct sun when at the beach. The heat can destroy the protective filters in the formula. Keep products cool and away from heat.

3 WEAR A HAT

Skin cancers are very common along the hairline or the parting, where it's hard to apply sunscreen. Choose a broad-brimmed hat that shields your ears, nose and neck.

4 IT MATTERS WHERE YOU APPLY SUNSCREEN

'Always apply sun protection to cool, clean, dry skin in the shade, ideally indoors 15-30 minutes before you go into the sun,' advises Abi. 'Up to 60% of sunscreen can evaporate from the skin's surface before it has a chance to bond if applied in direct sunlight.'

5 SUNSCREEN IS NOT A SUIT OF ARMOUR

Nothing you put on your skin makes it 100% resistant to damage. 'Sunscreen isn't a licence to bake, no one should be out in the sun all day,' says Abi. Choose broad-spectrum formulas that shield from both UVA and UVB rays, and always use an SPF30 or above.



Glowing skin

Start your make-up with a golden canvas. **St Moriz Prime & Glow Face Tan Serum, £8.99, Boots**, gradually bronzes skin, and contains hyaluronic acid to create a smooth base. Primer will even out the skin and help the rest of your make-up to last longer. **Ciaté London Dewy Skin Vitamin C Glass Glow Primer, £28, ciatelondon.com**, contains light-reflecting particles for a flattering, dewy effect. Avoid heavy, matte foundations during the summer months, as they draw attention to fine lines. For plump skin, use **Sculpted by Aimee Hydra Tint Moisturising Tinted Serum, £23, Boots**, which leaves your complexion radiant and protected with SPF20.

Flushed cheeks

For that just-back-from-the-beach radiance, add a pop of colour to cheeks. Apply to the fullest part and blend upwards so it melts into your bronzer.

We love **Chanel Les Beiges Eau de Blush in Deep Apricot, £42, chanel.com**, and **Charlotte Tilbury Pillow Talk Lip & Cheek Glow, £30, charlotte tilbury.com**.



60 womanandhome.com

From molten eyes to juicy lips, these are the looks you'll want to try this summer

Looking HOT, HOT, HOT



Summer nailed!

Happy nail colours for summer days. Why not colour clash hands and feet and have some fun?

- + Barry M Hi Shine Gelly Nail Paint in Fizzy Apple, £3.99, Superdrug
- + Nail's Inc Neon Lite Polish in Electric Parade, £11, nailsinc.com
- + OPI Nail Lacquer in Flex on the Beach, £14.90, opiuk.com
- + Peacci Nail Polish in Lemonade, £10, peacci.com



Add some bronze

The golden rule of bronzing make-up? 'Start off subtly,' says Beyoncé's make-up artist Sir John, the guru of your-skin-but-better make-up. 'Choose a bronzer shade that is close to your skin tone. Going too dark can look unnatural and muddy.'

FOR EASY APPLICATION, TRY POWDER BRONZER

'Use a loose, fluffy brush, applying a soft graduation of colour around the hairline first,' he advises. 'Don't go too dark in the centre of the face.' We love **Mac Skinfinish Sunstruck Bronzer, £28, maccosmetics.co.uk**, which comes in 15 shades.

FOR A RADIANT GLEAM, TRY CREAM BRONZER

'Imagine it's draping the skin,' says make-up artist Amanda Bell. 'Instead of applying colour to the apples of the cheeks, apply it higher on the cheekbones in a teardrop shape, as well as down the nose and under the jawline.' We love **Collection Cream Bronzer, £8.99, collectioncosmetics.com**, enriched with squalane to moisturise skin.



Golden Eye

Embellish your face with a sweep of metallic across the eyelids. To keep it modern, ditch the eyeliner and just choose one shade – warm gold, copper or rose gold will tone beautifully with tanned skin. Finish with mascara. **Dior Diorshow Iconic Overcurl Mascara 090 Black, £35, dior.com**, delivers fantastic volume.



TRY THESE SHADES FOR GLEAMING LIDS

- + **3ina 24H Eye Stick in 532, £15, 3ina.com**
- + **Trinny London Eye2Eye in Magician, £18, trinnylondon.com**
- + **Laura Mercier Caviar Stick Eye Colour in Copper, £26, John Lewis & Partners**

Juicy lips

You can't get easier than a dewy lipstick you can apply straight from the tube. The latest formulas are a bit like gloss in stick form and come in slim bullets that mould easily to the shape of your lips without the need for liner.

- + **RED Nars Afterglow Sensual Shine Lipstick in 222 Voltage, £26.50, narscosmetics.co.uk**
- + **PINK Jones Road The Lip Tint in Raspberry Framboise, £26, jonesroadbeauty.com**
- + **CORAL Avon Anew Revival Serum Lipstick in Awakening Coral, £10, avon.uk.com**





Shiny, happy HAIR

YOUR NEW REGIME

Haircare
is the new
skincare – so
tailor your
routine.

Cleanse

Using the right shampoo is the first and most important step in haircare. It's common for hair to thin with age so inject body with **Monday Haircare Volume Shampoo, £5, Boots**. If you suffer from flakes, try **Head & Shoulders Bare Soothing Hydration Shampoo, £9.99, Boots**. It has a minimal, stripped-back formulation that targets dandruff without damaging the scalp.

Scrub

Not just for your face, formulas such as **Arkive The Crown Scalp Scrub, £14, Boots**, help exfoliate the scalp and prevent irritation. Or try a chemical exfoliator, which can treat flaky skin and remove build-up on the hair. **The Inkey List Glycolic Acid Exfoliating Scalp Scrub, £13.99, theinkeylist.com**, combines gritty texture with intensive acids, leaving your head clean and clear.

Rhiannon Derbyshire reveals her fail-safe saviours to revive lacklustre locks

Tone

Toners help to correct colour, especially if you dye your hair. To reverse brassiness, use blues and violets. **Color Wow Color Control Toning & Styling Foam, £19.50, colorwowhair.com**, comes in a violet for blondes and blue for brunettes. **Matrix Total Results Dark Envy Neutralising Green Shampoo, £14.50, lookfantastic.com**, knocks out the red tones in deep brunette hair.

Serum

Take haircare to the next level. **L'Oréal Elvive Hydra Hyaluronic 2% Serum, £12.99, Boots**, will plump locks, while **Kérastase Nutritive Nutri-Supplement Split Ends Serum, £41.22, lookfantastic.com**, replenishes broken ends for two times fewer split ends.

Moisturise

Hair Proud Hair Revival Leave-In Scalp & Hair Moisturiser, £8.95, iamproud.com, is a light spritz, great for thirsty, frizzy hair. Curly locks? **Bumble & Bumble Curl Light Defining Cream, £25, John Lewis & Partners**, hydrates without adding weight.

SPF and protect

We all know how important it is to apply SPF to our face, but it's easy to forget that UV rays can harm our hair too. Always use a heat-protection spray such as **Sun Bum Protecting Heat Protector, £16.99, sephora.co.uk**, to shield locks before styling or sitting in the sunshine. And don't forget your scalp. **Malibu Clear Hair & Scalp Protector SPF30, £4.99, Superdrug**, offers great protection without leaving your hair looking greasy.

Night-time rituals

Most of us get bedhead from moving around on a pillow all night, but you can prevent it by sleeping on a silk pillowcase, or putting your hair in a protective high bun when you go to bed. A night cream can also help – yes, really! Try **John Frieda Overnight Miracles Repair & Renew Hair Lotion, £7.99, Boots**. You don't have to wash it out the next morning – you just wake up to sleek, smooth hair. Genius! >>



THE UNDONE BUN

Simple and effective, this easy bun will work just as well for weekend errands as it will for fancy events.

Scent your strands

Forget perfume on your skin, which can react with UV if you're sitting in the sun. The new way to wear scent is on your head. There's nothing nicer than hair that smells delicious, but stick to specific hair formulas, to prevent damage.

✦ **Sol de Janeiro Brazilian Crush Hair and Body Fragrance Mist, £19, Boots**

A hint of the tropics, with a combination of pistachio and caramel.

✦ **Jo Malone London Star Magnolia Hair Mist, £40, jomalone.com**

Hair mists are a great way to test luxe brands' scents for a lower price – this light

floral fragrance is intoxicating, and imparts a healthy shine.

✦ **Larry King Hair Care Volumizing Hair Mist in Cabin Fever, £35, larryking.co.uk**

With notes of wild flower, this delicious mist also helps to create volume.

✦ **Gisou Honey-Infused Hair Perfume, £34, cultbeauty.co.uk**

Made to boost shine, while adding a heavenly honey scent.

✦ **Pacifica Silver Moon Hair & Body Mist, £14, cultbeauty.co.uk**

Warm and creamy, this moisturising formula powered by natural oils is moreish, with vanilla and almond notes.



Save your strands

THE PROBLEM Humidity and frizz

THE SOLUTION Moisture in the air causes hair follicles to expand, which is why your hair can get a bit unruly in the summer. Tame with a smoothing cream – apply to damp hair before blow-drying.

TRY Aveda Smooth Infusion Perfectly Sleek Heat Styling Cream, £29, John Lewis & Partners

THE PROBLEM Oily scalp

THE SOLUTION Extra styling products, as well as sea salt and sweat, can make your hair greasy more quickly than usual. Use a clarifying shampoo to ensure grime and build-up is removed.

TRY Living Proof Perfect Hair Day Triple Detox Shampoo, £25, Marks and Spencer

THE PROBLEM Sunburnt scalp

THE SOLUTION Wear a hat when you can – but if the damage is already done, use a soothing spray.

TRY Ameliorate Soothing Scalp Essence, £20, ameliorate.com

THE PROBLEM Dryness

THE SOLUTION Chlorine and sea water can really dry out your hair. Use a hair oil – either while damp before styling, or on dry ends.

TRY Ouai Hair Oil, £24, John Lewis & Partners

THE PROBLEM Frazzled ends

THE SOLUTION The best way is to get a trim, but creams can temporarily seal those ends.

TRY Philip Kingsley Bond Builder Split End Remedy, £26, cultbeauty.co.uk

THE SLICKED STYLE

Not just for the poolside, a slicked-back do is easy to achieve and looks effortlessly stylish.





*7 great skincare
treats for your*
BODY

These hard-working ingredients aren't
just for your face, they work equally
well on your body too

If your philosophy to skincare has been to stop at the neck, then it's time to rethink. Why should your face get all the goodness when the skin on your body will benefit hugely from a dedicated regime designed to target specific problems? Whatever your bugbear, these select ingredients will help you tackle it...

NIACINAMIDE FOR A GLOW

Also known as vitamin B3, this stimulates ceramide production to get your moisture barrier into good shape and help the skin to hold on to water more effectively. Niacinamide is also renowned for brightening a dull complexion and features in **Cetaphil Moisturising Cream, £16, Boots**. Apply it from head to toe for a radiant gleam.



RETINOL FOR PLUMPING

This superstar ingredient helps to rebuild collagen and plump up skin so that lines look smoother. **The Solution Retinol Smoothing Body Lotion, £9.99, justmylook.com**, speeds up cell turnover and brightens the look of thin, crêpey skin. Retinol does make skin more sensitive to the sun, so be diligent about applying your SPF.



ALPHA HYDROXY ACIDS FOR BUMPS

Palmer's Cocoa Butter Formula Retexture Renew Exfoliating Body Lotion, £6.99, sephora.co.uk, contains lactic acid, an alpha hydroxy acid that helps to unglue the dead cells that cause rough, bumpy and dry skin. It also helps to speed up skin renewal to reveal fresh, glowy, smooth skin. Great for stubborn dry patches, too.



VITAMIN C FOR PIGMENTATION

Tackle a sun-damaged body with **Beauty Pie Superdose Vitamin C Bio-Vitamin Brightening Body Lotion, £55 (or £15 with Beauty Pie membership), beautypie.com**, which delivers fresher-looking, more even-toned skin from top to toe. Vitamin C is a highly effective brightening ingredient and a potent antioxidant that helps skin to repair any damaged cells.



SODIUM PCA FOR DRYNESS

When skin feels itchy and tight, slather yourself in **Nurseem Caring Body Cream, £17.50, nurseem.co.uk**. It contains sodium PCA, a humectant that attracts water from the air and traps it so that skin looks plump. It's also anti-inflammatory, easing the discomfort of dry, sensitive skin.



PREBIOTICS FOR IRRITATION

Human skin has one million microbiomes – aka bacteria – per square centimetre, a crucial component of our skin barrier. When levels are out of whack, skin gets dry. That's why **La Roche-Posay Lipikar AP+M, £20.99, Superdrug**, benefits from prebiotics, to balance and nourish the living microbes and restore healthy skin.



CERAMIDES FOR SMOOTHING

Ceramides are fatty acids that hold our skin cells together and help the skin to hold on to moisture, making dry skin more resilient. **CeraVe Moisturising Cream for Dry to Very Dry Skin, £17, Boots**, is packed with ceramides and mega-moisturiser hyaluronic acid, to make desert-dry skin feel a lot softer and more comfortable.





Keep your
**SUMMER
GLOW**

Make your tan last that little bit longer
with these tips and best buys

There's nothing like a golden glow to make you feel happier, healthier and confident. But once you've returned from holiday, those gilded limbs can fade fast, so add in a few extra products to your regime to keep that holiday feeling going just a little bit longer...

MAKE-UP ADD-ONS

You've got your trusted everyday make-up but accentuate that summer glow with a few hard working extras.

LOVELY LIPS: Go for fuchsia lips to prolong your summer self. The blue undertones contrast with the golden glow of your skin to look more tanned.

We love **Clarins Lip Comfort Oil in Raspberry, £22, clarins.co.uk**.

NAIL IT: Hopefully you'll still be wearing open-toed sandals. If so, go for a vibrant- coloured pedi too. **Mavala Nail Colour in Tamarindo, £5.54, nailpolishdirect.co.uk**, is basically summer in a bottle.

ILLUMINATE: Highlighters can take your skin from blah to beautiful and give you a lovely post-holiday lift. They attract light, giving the illusion of brightness and height, when applied in the right place. Pat along cheekbones, then dab whatever's left on your finger onto the tip of your nose, middle of your chin and brow bones. We love **No7 Illuminating**

Pressed Highlighter Powder, £14.95. Boots.



PHOTOS (POSED BY MODELS): GETTY

PROLONG YOUR GLOW

A bronzer looks the most natural when applied to all of the places the sun naturally hits, such as the temples, cheeks, nose, and chin.

But ensure its texture matches your base, otherwise it will leave you patchy. So if you're wearing a matte base, go for a powder bronzer, and if you're flaunting a more dewy finish, choose a bronzing gel or cream. And don't go crazy with shimmer – a real tan doesn't sparkle, and neither should your bronzer.

A good all-rounder is **St. Tropez Instant Glow, £15, Boots**.

TOP TANNING TRICKS

If you're reaching for the self-tan to enhance your holiday glow, then hopefully these clever tricks might come in handy...

SOS! Tan over-developed or missed a bit? We've all been there, but mistakes can be fixed. Buff skin with **Skinny Tan Self-Tan Eraser, £20, Boots.com** to correct hiccups and gently exfoliate. Still too orange? Try dabbing a cotton wool pad soaked with lime juice onto your skin to tone it down a bit.

ICE TRICK: Before tanning your face, rub an ice cube over it to ensure pores don't get blocked by self-tan and risk breakouts. Stick with cold water when you wash off any guide colour too, as hot water will encourage fake tan to fade faster. We've found that the simplest way to tan your face is to use **Isle of Paradise Self-Tanning Water, £19, lookfantastic.com**. Just mist it on before bed and wake up to the glow.

LITTLE EXTRAS: You may be lucky enough to have them already, but if not, fake freckles can accentuate a sun-kissed look. Squirt a little tanning liquid onto the back of your hand (wash it off afterwards!), and dip a clean spoolie brush into it. Lightly dab or roll over the points of the face that would usually be sun-kissed, such as cheekbones, nose and forehead. Or have some fun with the easy-to-use **Lottie London Freckle Tint, £6.95, lookfantastic.com**. Magic!

BETTER LEGS

Even a subtle tan can do wonders to disguise imperfections. You'll feel more confident baring your post-holiday legs with a bit of colour on them. Put your foot up on the edge of the bath and work the tan down to your toes. **Crazy Angel Self-Tan Water, £15, crazy-angel.co.uk**, is a simple,

faff-free way to get a natural finish.

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STAY FIT & WELL

JUST DIVE IN...

The water's lovely! Hot weather and exercise don't always go together but, if you have access to a pool or open water, why not cool off while getting your fitness on? Check out our wonderful swimming programme on p78 and treat yourself to a new swimsuit, see p82, designed to flatter and show off all your best bits. If swimming isn't your thing, we also have a blissfully relaxing stretching fitness programme that will leave you feeling balanced and zen. Just turn the page...



And **STER**



ETCH

Say goodbye to creaking joints and tight muscles with our simple stretching routine

Do you worry that if you bend down you won't get back up again? Or maybe it takes you longer than you'd like to get out of a chair? If you often have aches, pains and body stiffness, it could be a sign that you're not stretching enough. 'If we rarely stretch, our muscles become shortened and tight, reducing flexibility, limiting range of motion and increasing the risk of injury,' says fitness trainer Stef Williams, co-founder of the WeGlow app.

'Regular stretching can help you handle the day-to-day physical demands of life and also combat long periods of time spent sitting – reducing the risk of problems, such as lower back pain.'

Plus, it's all the more crucial for women as we get older, when muscles and joints weaken and blood flow through the body slows down.

THE RISK OF ROUTINE

Most of us tend to do the same sort of activities every day, and whether that's sitting at a desk, walking dogs or teaching in a classroom, our movement patterns are restricted – they rarely put our joints through their full range of possible movements (aka the ROM or range of motion), according to fitness tutor Liz Shaw.

'Consider that our joints are essentially held together by a series of elastic bands (muscles and ligaments), and in order to remain healthy the muscles need to both stretch and contract regularly, hence

maintaining elasticity,' says Liz.

If we don't supplement our 'typical' movements with others, encouraging a greater ROM, this leads to stiffness and pain. In simple terms, this comes down to the adage, 'use it or lose it'.

DON'T OVERDO IT

But you still need to be careful.

'Over-stretching can cause injuries such as strains or even worse, tears,' says Liz. 'Trying to stretch a really tight muscle can cause the body's >>

SAFE TIPS FOR WHEN STRETCHING

It is a low-risk form of movement, but there are a few things to be mindful of, says Stef.

- + Warm up muscles before stretching to improve what you get out of a session. A five to 10-minute walk is sufficient.
- + Pain doesn't equal gain. Stretch only to the point of mild discomfort, not until it hurts.
- + Focus on your breathing. Take deep, controlled breaths when in a stretch – inhale through your nose and exhale through your mouth.
- + Be consistent. As with any exercise, practice equals progress, so stick with it!

neuromuscular system to fight against the stretch and tense up.' This is an automatic reaction that your body uses to stop it from damaging itself.

'If you have tight muscles, particularly if they've been this way for a long time, gentle stretches can help,' says Liz. 'If done over a long period of time, progressing slowly, it allows the neuromuscular system to adapt to the new length.'

BANISH BAD HABITS

'Spending too much time in one position will reduce flexibility – sitting at a desk, driving or standing for long periods of time encourages joints and muscles to "set" in one position,' says Liz. It's also important to be aware of other positions we may 'overuse'. 'For example, if you walk, run and/or cycle a lot, although you're improving various aspects of health, you are only putting your legs through one plane of motion – working them forwards and backwards within the hip socket.'

This socket is capable of many other movements (for example, the leg can rotate inwards and outwards). 'If we aren't encouraging it to do so, we're risking reduced flexibility in those additional planes,' says Liz. 'This is why it is beneficial to complement any workout you do regularly with practices such as yoga or Pilates, which encourage movement through all those additional planes.'

BODY BENEFITS

Stretching and looking after your muscles and joints will:

- + Decrease stress
- + Reduce any aches, pains, stiffness and muscle soreness
- + Improve blood flow and circulation
- + Enhance range of motion
- + Improve muscular function
- + Reduce risk of injury and falling
- + Improve overall health
- + Minimise joint wear and tear
- + Improve quality of life



4 WHOLE-LEG LENGTHENER

Great for when you've spent the day sitting down.

- + Take a small step forwards with your right leg. Bend your left leg slightly while keeping your right leg straight. Your body will tilt slightly forwards.
- + Feel the stretch down the back of the front leg. (If you'd like to increase the intensity, lift the toes of your right foot, and hold for 30 secs.) Swap sides and repeat, stepping the other leg forward.

THE MOVES

Ready to improve your flexibility? Make this simple stretching session a part of your routine. Aim to do it daily, or at least two to three times a week, and you'll soon feel more supple.



1 OVERHEAD REACH

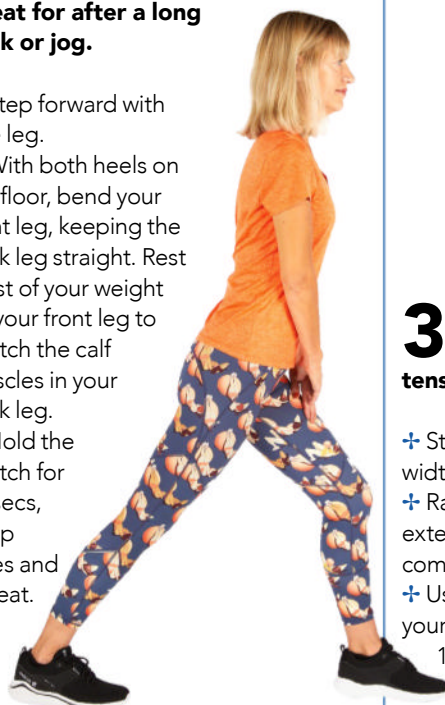
Great for mobilising the shoulder joint and reducing back stiffness.

- + Stand with feet shoulder-width apart.
- + Lift your left arm up above your head, then bend at the elbow and reach down to the top of your spine.
- + With your right hand, gently push your left elbow to increase the stretch. Hold for 10 secs. Swap arms and repeat. Do three times on each side.

2 LOWER LEG LOOSENER

Great for after a long walk or jog.

- + Step forward with one leg.
- + With both heels on the floor, bend your front leg, keeping the back leg straight. Rest most of your weight on your front leg to stretch the calf muscles in your back leg.
- + Hold the stretch for 30 secs, swap sides and repeat.



3 THE CHEST OPENER

Great for releasing stress-related tension from your upper body.

- + Stand tall with your feet shoulder-width apart.
- + Raise your arms to chest height and extend them back as far as is comfortable, with palms facing forwards.
- + Using your stomach muscles, keep your torso still and hold the stretch for 10 secs, then lower your arms and repeat twice more.



5 THIGH RELEASE

Great for maintaining leg strength and flexibility.

- + Lift and bend your left leg and reach behind you to hold your foot and pull it gently towards your bottom.
- + Stretch out your right arm for balance or hold on to a door frame or wall for stability.
- + Keeping your knees in line with each other, feel the stretch through your left thigh. Hold for 30 secs, then swap sides and repeat.

6 MASSAGE ROLLS

Great for easing any aches in the lower back.

- + Lie flat on your back and bring both legs towards your chest.
- + Clasp your arms around your legs or interlock fingers with hands on knees and hold for 10 secs.
- + Without tipping on to either side, rock gently side-to-side for a further 30 secs.



7 CHAIR TWIST

Great for improving posture.

- + Sit on a chair with its back on your left side. Gradually rotate your torso to the right, moving from the bottom, up: first your lower back, then mid-back, shoulders and head.
- + Look over your shoulder, hold the chair behind you with your right hand.
- + Hold the stretch for 20 secs, then swap sides and repeat.





Top, £60, sizes
xxs-xl, **pangaia.com**



Shorts, £60, sizes
xxs-xl, **pangaia.com**



Leggings, £70,
sizes xxs-xl,
**Girlfriend
Collective at
net-a-porter.com**



Trainers, £84.99, **Nike at
sportshoes.com**



Crop top, £29,
shorts, £36, both
sizes 8-18, **Enduro
at bambooclothing.
co.uk**; trainers,
stylist's own

A sustainable SUMMER

The brands that are helping to reduce their impact on the environment



Top, £29.99, sizes xs-xxl,
armedangels.com



Sweatshirt, £49.99,
sizes xs-xxl,
armedangels.com



Yoga top, £35,
sizes 8-16,
peopletree.co.uk



Trainers,
£125,
**allbirds.
co.uk**

Carbon
neutral due
to sustainable
practices

Visor, £32, eu.patagonia.com



Made of 100% recycled polyester

Shorts, £40, sizes 8-18, uk.gympluscoffee.com



Swimsuit, £120, sizes 8-20, deakinandblue.com

Sweatshirt, £49, shorts, £36, both sizes 8-16, **Horizon at bamboo clothing.co.uk**



Crop top, £36, leggings, £52, both sizes s-l, **Flexa at bamboo clothing.co.uk**, sweatshirt, £49, sizes 8-16, **Horizon at bamboo clothing.co.uk**

Swim & SLIM!

Take a dip, keep cool and get fit with our simple swimming workout

**BURN
300
CAL**

Perhaps it's because we're an island nation, but the UK is a country of swimmers. Nearly nine out of 10 of us can swim* and almost 12% of women do so at least twice a month. Whether you're enjoying some pool time on holiday, or taking a dip in your local lido or river, lake or sea, swimming is the ultimate workout. A 30-minute swim can burn over 300 calories and target multiple muscles in your body. It also improves lung capacity and cardiovascular health, reduces anxiety, depression and joint pain, and boosts bone strength.

This training plan, devised by Commonwealth Games silver medallist Penelope Marshall, will enhance your fitness and speed in around half an hour. So, whether you're on

holiday or at home, start now to reap the benefits.

YOUR PUSH-HARDER POOL PLAN

Each swim session has a different focus, which will help you get fitter, faster and more toned. If front crawl isn't your forte, you can switch to breaststroke. Not the most self-assured swimmer? Follow this advice to work on your technique so you feel more confident in the water.

+ BREATHING FOCUS

When doing the third element in the 'breathing focus' session, aim to add two additional strokes between each breath, compared to what you normally do. So if you usually breathe each third stroke, then breathe every fifth.

+ ENDURANCE

This develops your ability to swim long distances. You should be able to feel your stamina improving.

+ TECHNIQUE

Train to swim more efficiently. At the start of each swimming drill section, focus on kicking – hold a float with both hands and just use your legs. In week one, do this for five minutes, then add a minute when you feel more confident. Spend the rest of the session on other drills. For example, you could try a one-arm drill (swim with one arm, the other by your side) or a fist-closed drill (swim with fists closed, so legs and forearms work harder). Both work for front crawl and backstroke.

+ INTERVALS

Focuses on improving speed and fitness. Try to swim faster each session.

fitness



YOUR WORKOUT

Follow this two-week plan at home or on holiday. If you only have time for one week or a long weekend, do what days suit you. If you have longer, repeat, but take rest days.

EXTRA PUSH
At the end of each length, pull yourself out of the pool, before diving back in.

WEEK 1

Day 1

BREATHING FOCUS

- + 5 mins front crawl warm-up
- + 8 mins front crawl/backstroke mix
- + 3 x 2 mins front crawl with 1-min rest between each rep
- + 5 mins cool-down, any stroke

Day 2

ENDURANCE

- + 5 mins front crawl warm-up
- + 3 x 5 mins front crawl with 2-min rest between each rep
- + 2 mins front crawl cool-down

Day 3

TECHNIQUE

- + 3 mins front crawl warm-up
- + 15 mins swimming drills
- + 6 mins stroke of choice
- + 3 mins front crawl cool-down

Day 4

INTERVALS

- + 5 mins front crawl warm-up
- + 6 x 2 high-speed lengths front crawl with 90-sec rest between each length
- + 2 mins stroke of choice
- + 3 mins front crawl cool-down

WEEK 2

BREATHING FOCUS

- + 4 mins front crawl warm-up
- + 8 mins front crawl/backstroke mix
- + 3 x 3 mins front crawl with 1-min rest between each rep
- + 4 mins cool-down, any stroke

ENDURANCE

- + 4 mins front crawl warm-up
- + 3 x 6 mins front crawl with a 90-sec rest between each rep
- + 2 mins front crawl cool-down

TECHNIQUE

- + 3 mins front crawl warm-up
- + 14 mins swimming drills
- + 8 mins stroke of choice
- + 3 mins front crawl cool-down

INTERVALS

- + 5 mins front crawl warm-up
- + 6 x 2 lengths front crawl at high speed, with a 90-sec rest between each
- + 2 mins stroke of choice
- + 4 mins front crawl cool-down

Benefits of taking the plunge

Going for a dip is good for you, both physically and mentally. Here's how:

+ BETTER MOOD

Exercise is known to relieve symptoms of depression and improves sleep.

+ BUILDS FRIENDSHIPS

Swimming with other people builds social relationships, which is also great news for our health.

+ SUPPORTS BONE HEALTH

Outside pool? While swimming isn't an 'impact' exercise (recommended to keep bones strong), the extra UV light on our skin produces vitamin D, even on cloudy days. Always wear waterproof sunblock and reapply after a swim.

Wild swim safety

Opting for open water? If you do, you're one of the estimated 7.5 million people** who enjoy swimming in the great outdoors. While the benefits are still being studied, cold water swimming has been linked to improved mood and immunity, and better cardiovascular health.

However, it's very important to be safe. You may get a cold-shock response when you enter, which can make you gasp. As you get in, take a long, slow out breath to help counter this and don't put your head in the water until your breathing has steadied. Wear a bubble swimming cap if you're putting your head in; if you're not, wear a woolly hat. If you start to feel shivery

or slow while in the water, get out while you still feel OK. When home, don't have a hot shower – rinse off under cold water and dress in warm layers quickly.

Winning kit

+ CAP


A silicone cap is easier to get on and off than the latex rubber variety, and it won't pull your hair.

+ SWIMSUIT

Look for compression panels for core and bust support, while an X-back will keep your swimsuit firmly in place.

+ GOGGLES

Curved lenses give you a wide field of vision. Go for ones that are really easy to adjust when you're on the go.



GET THE TIMING RIGHT
Research from Albany Medical College, New York, found that lung function is 17.6% more efficient at 5pm than midday, so you can push yourself further in a post-work dip.

THE PERFECT POST-SWIM SNACK
Sports nutritionist Anita Bean reveals her ideal boost: 150g plain Greek yogurt + 125g raspberries + 1tbsp walnuts + 1tsp honey = protein yogurt pot.

Find out more

+ GO SWIM

'Goswim.tv is a US website that has videos on everything from head position when you're doing freestyle to doing a flip turn,' says Lorcan. Go to their YouTube channel for a selection of free-to-watch drills.

+ SWIM ENGLAND

The national governing body for swimming in England provides info on all things swim-related, from finding a pool, club or lessons near you, to various swim sports such as diving. Visit swimming.org for details.

+ OUTDOOR SWIMMING SOCIETY

A one-stop shop for open water swimming, this website provides everything you need to know to swim safely outdoors. Visit outdoor-swimmingsociety.com for details.

7 WAYS TO REFINE YOUR STROKE

1 UTILISE THE GEAR

'Most pools have accessories which can improve your swim,' says swimming coach Lorcan Loughrey. 'Use a kickboard to target legs – put your hands over the top, holding arms out in a straight line and swim using only your legs. Pull buoys do the opposite – stick one between your thighs and focus on your arm pull and upper body strength.'

2 CHANGE IT UP

'Mix your strokes to target different muscle groups,' says Lorcan. 'Front crawl and backstroke use biceps, triceps and shoulder muscles. In breaststroke, the emphasis is on your gluteus maximus (bottom) and inner thighs. Butterfly targets back muscles and abs.'

3 BREATHE RIGHT

'Learning how to breathe correctly is crucial,' says Lorcan. 'Practise at home in your sink to build up confidence. Hold your head in the water for 10 seconds and exhale through your mouth. You'll swallow water and it'll go up your nose, but it's progressive. Be patient.'

4 SPREAD YOUR FINGERS

Normally aim to keep your fingers tight together? Actually, leave a tiny gap between them, so you have a bigger surface area working as a paddle.

5 KEEP YOUR HEAD DOWN

Swimming breaststroke with your head up is a no-no, says Lorcan: 'It gives you neck strain and increases drag, which slows you down.'

6 DO YOUR LINES

'Keeping your head, neck and back aligned means less resistance,' says Caroline Swatton, director of Swalings Swimming Academy. 'Most pools have lines on the bottom, so use one as a guide.'

7 GET A COACH

'To up your pace, book sessions with a coach – you'll benefit from their expertise,' says Lorcan.

9 of the best SWIMSUITS

From hidden control panels to inclusive sizing, these costumes will see you through summer and beyond



SUPPORTIVE STRAPS

£25, sizes 10-28, bonmarche.co.uk



SLEEVE COVERAGE

£50, sizes 6-22, whitestuff.com



REMOVABLE CUPS

£75, sizes 6-20, boden.co.uk



TUMMY CONTROL

£59, sizes 8-20, phase-eight.com



CHLORINE RESISTANT

£32.50, sizes 8-24, marksandspencer.com



MASTECTOMY POCKET CUPS

£44, sizes 8-18, nicolajane.com



SCOOP NECK

£74, sizes xs-4xl, fabletics.co.uk



TIE WAIST

£177, sizes 8-16, uk.jetsaustralia.com



LARGE CUP SIZE

£90, sizes 34D-44J, fantasie.com

Why routine is YOUR FRIEND

This month, our expert Annie Deadman on how a plan can stop summer indulgence



So, the sunshine is here and the wine is a-chilling. It's summer and here in the UK that means, 'Quick, it's not raining... let's get some mates round!' And, before you know it, the chairs are out, the burgers are sizzling and the house is full of tiddly snorts of laughter.

After a cold winter, we feel we've earned it. We want to grab any chance for a devil-may-care moment with both hands, make the most of every balmy evening, every golden hour, and turn every Tuesday into a Friday.

Thing is, it can come back to bite us in our ever-so-firm glutes if we don't watch out. A few too many of these and suddenly we realise our usual cast-in-stone fitness routine has been sidelined. Not one squat has been squatted, nor one kilometre jogged. It happens and it's my most asked question: 'Annie, how do I stop myself from letting it all go in the summer?' I'm going to say two really dull words. Consistency. Routine. Annoying, isn't it? No magic answer, no 'ta-da' fairy dust. Let me explain. There's a (faintly irritating) cliché in the fitness industry. 'Summer bodies are made in winter.' What that really means is a commitment to take time (that is, the winter months) to adopt a solid exercise and eating pattern so

that eventually it becomes a habit that you can't (and don't want to) shake off.

It means looking at your behaviour patterns (scary in itself), and identifying what small changes you could make so you're more on course for that goal (your 'summer body', your first ever 5km run, your hike across the Pennines, whatever). It means that exercise and an awareness of healthy eating become the norm, the thing you automatically do, like cleaning your teeth or putting out the recycling.

Routine, habit, consistency – all of that will help you withstand the summer cork-popping and impromptu food-fests, and avoid the

panics, the mad juice diets, the fasting and the frantic sprinting sessions the week before your goal.

But in order to provide some practical help now (which I like this column to do), let's assume you haven't

quite got a routine in place and you can

feel yourself surrendering to distractions. So let's start practising that consistency for the rest of the summer.

1 Diarise your exercise, just like you would diarise lunch with a friend.

Two to three times a week, do some strength training. If you're no stranger to this column you'll know this is

essential to keep bones and muscles strong and offset the drop in oestrogen (never mind muscle loss and fat gain).

2 Find a friend and go for a walk together in between those workout days. Keep steps and commitment up, and blood pressure down.

3 Don't necessarily curtail your social activities, just adopt tactics such as swapping booze for alcohol-free drinks. (Trust me when I say I never thought 'no-gin gin' would pass my

lips, but actually Gordon's 0.0% and CleanCo are very good.)

4 No food is bad, just eat less of the non-nutritional stuff. You don't have to ban Magnum Minis, just moderate how many you consume.

5 Lastly, imagine YOU are your best friend. Link arms and give yourself the same support and encouragement as you would her. Practise those small changes now and, by the autumn, you will have a fantastic, consistent routine in place. Summer does not need to be your downfall.

✦ **Annie is a fitness coach and author of *The 21 Day Blast Plan* (HarperCollins). Her fat-loss programme (theblastplan.com) helps women gain confidence and shed inches. Check out the website and Instagram (@anniedeadman) for blast plans along with deals and discounts.**

'We want to turn every Tuesday into a Friday'



Heat up, cool down, FEEL GREAT

Embracing different temperatures can do wonders for your fitness levels. Here's how...

If you've been working out, or you're suffering from aches and pains as a result of exercising (or pushing yourself too hard), hot and cold treatments could be what you need. Not sure which to pick? Here are the best therapies to help both body and mind.

HOT THERAPIES

GOOD FOR: muscular aches/stiffness

AVOID ON: acute injuries (e.g. sprains)

+ SAUNAS

Saunas have been a popular wellness

treatment for more than 2,000 years. An all-body hot therapy that enhances muscle recovery by increasing blood circulation and carrying oxygen-rich blood and nutrients to oxygen-depleted muscle, heat also allows muscles to relax better, thus relieving muscle tension, explains Sammy Margo, a physiotherapist and advisor to Deep Heat and Deep Freeze (mentholatum.co.uk). Not only that, saunas can reduce stress and improve sleep.

+ STEAM ROOMS

While saunas use dry heat, steam rooms provide wet heat – potentially offering even more benefits. 'Steam rooms can improve circulation, lower blood pressure, clear congestion, promote skin health, aid workout

recovery, loosen stiff joints, burn calories, boost your immune system and remove toxins,' says Sammy.

EXERCISING?
Use heat treatments before a workout and cold afterwards.

FANCY PSAMMOTHERAPY?

This ancient practice involves being 'buried' in hot sand to relieve pain and encourage relaxation. Popular abroad, it's tricky to find in the UK, although the Cottonmill Spa at Sopwell House, Hertfordshire, offers the Sound & Sand massage, which incorporates warm sand.

+ HOT BATHS

While soaking in the tub shouldn't replace exercise, research suggests that heat increases blood flow, which can improve cardiovascular health. One study* found taking a hot bath lowered blood sugar levels more than cycling, while a 2020 review** indicated regular hot water immersion can provide similar results as low-moderate activities, such as walking or cycling.

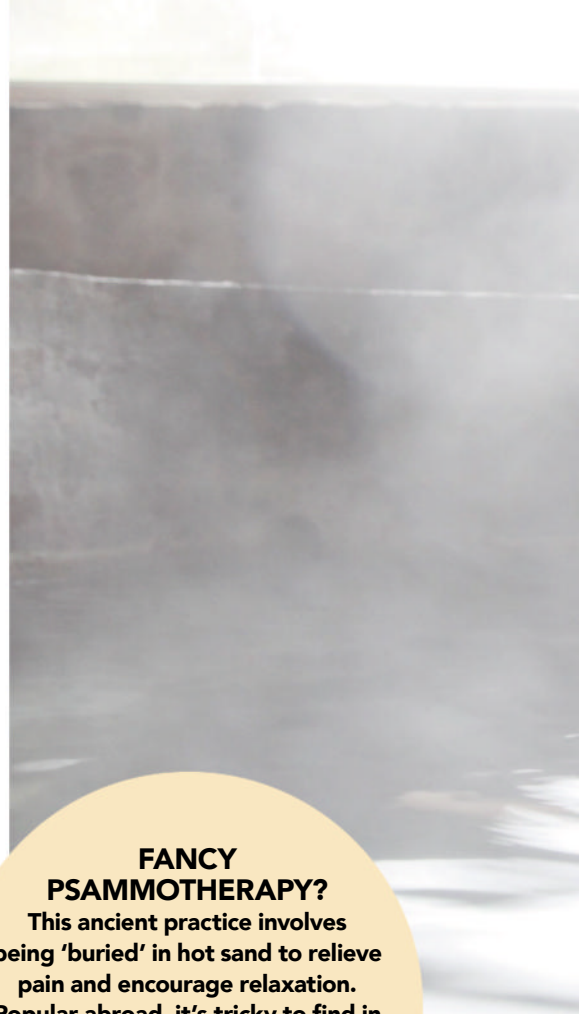
COLD THERAPIES

GOOD FOR: acute injuries

AVOID ON: stiff joints/muscles

+ CRYOTHERAPY

'Cryotherapy is a cold therapy that can be administered to the whole body, or a specific area of the body or face,'



WHEN TO USE HOT OR COLD THERAPY

Sammy recommends...

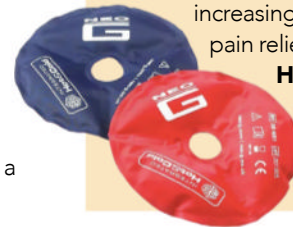
✦ **COLD:** apply at the start of muscle pain or injury to reduce inflammation and to temporarily reduce nerve activity to relieve pain. Use an ice pack or bag of frozen veg for the first 72 hours.

✦ **HOT:** after 72 hours, Sammy suggests switching to heat – e.g. a heat pack. 'This helps with muscle recovery and rehabilitation,' she says. 'Increasing the temperature of a painful area soothes discomfort, increases muscle flexibility, and improves circulation and blood and nutrient flow, helping healing.'

✦ **BOTH:** alternating cold and heat is like bringing a pumping action to painful muscles by restricting circulation with cold, increasing circulation with heat, says Sammy. 'Apply heat for 15 to 20 minutes; a few hours later, use ice for 15 to 20 minutes. Do this at spaced intervals throughout the day – by rotating, you're reducing inflammation and loosening muscles,

increasing your chances of pain relief.' Try **Neo G**

Hot & Cold Muscle Pain Relief Pack (£6, Argos).



discomfort. 'They may boost immunity, metabolism and mood, reduce inflammation and anxiety, deepen sleep, improve circulation, alleviate pain and prevent muscle soreness,' says Sammy. One study*** found that a five-minute cold shower, two to three times a week, could relieve symptoms of depression. Sammy suggests alternating hot and cold showers. Have a hot shower for three minutes, then a cold shower for one minute, she says. 'Repeat three times, and always end up with cold.'



explains Shelley Tregidga, owner of Cryobright in Brighton (cryobright.co.uk). Whole body cryotherapy exposes the body to extremely cold temperatures to trigger a physiological response, resulting in physical and mental health benefits, says Shelley. These include reduced inflammation and pain relief, as well as better sleep. Cryotherapy can also boost collagen production and strengthen the immune system. Five to 10 sessions within a two-week period are recommended.

improves the responsiveness of blood vessels involved in regulating blood pressure, adds Dr Brewer, as well as stimulating metabolism to lower glucose levels and cholesterol, and burn fat. 'And cold sea swimming can help with weight maintenance by stimulating metabolism and activating brown fat, which generates heat. You just need a short exposure of 10 to 20 seconds to start burning fat for heat, which you can get from a cold shower.'

TAKE THE PLUNGE

Enjoyed by Harry Styles and David Beckham, ice baths are a hot trend! Get yours online – Polar Recovery Tub (£114.99, amazon.co.uk).

✦ COLD WATER SWIMMING

'Cold water immersion – whether sea swimming or cold showers – has numerous health benefits,' says medical nutritionist Dr Sarah Brewer (drsarahbrewer.com). 'It stimulates a release of endorphins, dopamine and serotonin to help combat stress, anxiety and depression.' Physically, it stimulates circulation and

✦ COLD SHOWERS

There are numerous reasons why cold showers are well worth the initial





Animals are our
EXERCISE

Meet the women whose beloved pets help them stay healthy and happy



Caroline with her much loved horse, Rolo

'HORSE-RIDING WORKS MY ENTIRE BODY'

Caroline Peyton, 57, from Gloucestershire, has had her horse, Rolo, for seven years.

'Every week I go running, to the gym and do classes, such as spinning and yoga, but horse-riding is my favourite form of exercise. I love being in the fresh air with Rolo, but what's most special is the bond we have.'

Rolo lives with my riding instructor, about 30 minutes from my home, but I'm responsible for all his exercise. I go to the yard three or four times a week. I have a one-to-one lesson weekly for 45 minutes and when I go on hacks with Rolo we can be out for about an hour and a half. The lessons are invaluable, especially on a hack, as Rolo learns to listen and respond to me when I need to manoeuvre him and reach down to open gates.

Horse-riding works my entire body.

It engages my legs, buttocks, core, back, shoulders and arms. It's also fantastic for balance; when cantering you come out of the saddle which really works my legs and core, and with a rising trot, it's my legs and buttocks that are tested. It's certainly not a case of just sitting there while the horse does all the work!

I compete at an amateur level with Rolo throughout the year. In winter, it's jumping competitions in an arena and in summer I do eventing with him which involves dressage, show-jumping and cross-country.

Even the preparation for eventing is a physical workout: grooming Rolo, loading the lorry with my tack, walking the course ahead of the competition to familiarise myself with it, which can be a 45-minute walk, a warm-up for Rolo and, after the

event, washing and sponging him down and mucking out the lorry. A show-jumping course at my level can have up to 15 jumps, so it's extremely hard work with lots of turning into fences and sitting to a fold over a jump. A cross-country course can have 22 jumps. We gallop up to fences where I'm up and out of my saddle, balanced on my legs, with all my body weight through them, then I sit to ride the fence. It's very aerobic and I really feel my heart rate rising. I concentrate so hard I have to remember to breathe!

The older I get the fear factor about falling does increase. Rolo is 13 and I hope to have him for at least another 10 years, but as I age I may need to ride a very sensible horse; what we call a "happy hacker".

I'd give up all the other exercise I do tomorrow if I had to, but I can't imagine not having a horse in my life. If I've had a stressful day with work, I know that when I get to the yard and I'm with Rolo, everything melts away. Rolo is the love of my life. My husband

knows the pecking order!'

+ Caroline is a nutritionist, naturopath and gut health expert at peytonprinciples.com >>

'Horse-riding is my favourite exercise. I love being in the fresh air'



'WITHOUT A DOG, WALKS SEEM POINTLESS'

Juliet Owen-Nuttall, 48, from West Sussex, walks her dog Maya daily while carrying her toddler, Lyra, on her back.

'When I was pregnant, I experienced prenatal anxiety and bonding issues. We decided to get a dog as, having had dogs before, we knew it would be a great comfort to me. Maya is a three-year-old Blue Staffordshire Terrier and on my darkest days she gave me a real focus, got me out walking daily and helped reassure me I was good at caring for things.

After Lyra was born by C-section, I was back walking Maya the next morning after arriving home. Our walking routine kicked back in like clockwork. It felt the most natural thing to start straight away. I put Lyra in a sling and set off.

'Maya gets me out exercising every day'

Since then, it's become "our thing" – me, Maya and Lyra on my back. I still do it now, even though she's three and a lot heavier. When she was born she only weighed 5lb, now she's 15kg! Lyra is my weight-bearing exercise – I feel like I'm in the army with a weighted backpack. On weekends, if my husband Daniel walks with us, I still carry Lyra. A walk without her on my back feels too easy.

The time in nature is good for my mental health. It's a really special part of my day. I walk for between 60-90 minutes and cover three to five miles.

I can walk far further with Lyra on my back than if she was toddling along beside me. I walk whatever the weather. Some walks are hilly and one ends with a series of steps uphill so it's a real workout carrying Lyra up those.



Juliet enjoys her daily walks with her dog, Maya

My legs have got so much stronger in the last three years.

The carrier is suitable for up to 36 months, but Lyra is small for her age so I hope to carry her for at least another six months. When she does become too heavy to carry on long walks, I might swap to ankle weights to boost the workout. I'd like to return to Nordic walking, which I did pre-pregnancy, as the sticks really work your arms.

Lyra and Maya are incredibly close and the walks have bonded us all. Without a dog, walks feel pointless. Maya gives us a routine and gets me out exercising every day. Without her, I think the excuses would come to skip a walk and I'd feel far less physically and mentally healthy. Maya saved me and keeps me positive now.'

+ Juliet is a fertility wellbeing practitioner, follow her on Instagram at @thenoninvasivemethod

MY SMALLHOLDING IS MY ALTERNATIVE GYM

Alison Baldwin, 51, from Kent, gets a workout when caring for her animals.

'I've always hated gyms – I was the take-out-membership-and-go-once type of person. Now, with our smallholding, I have an alternative outdoor gym.

We have three acres of woodland, where we keep our six chickens, and five acres of paddocks behind our house for the sheep and my horse, Bo, who I've had for 20 years.

We have seven sheep. We've had our rescues, Olivia and Sheepy, for 10 years, and now have five castrated males from a local breeder.

My first job every day is a headcount – to make sure foxes haven't killed any chickens – and to top up the feed and water for the chickens and sheep.

I check on the animals two to three times a day. Even without walking our dog, Polly, I average 3km a day.

The most physical work comes with the sheep. They'll do anything to get stuck so I might be dragging a soaking wet one out of a ditch or rolling one over to stand it up. I can lift the lighter ones, which weigh 50-60lb, but not the heavier ones at 120lb. Moving sacks of food, which weigh 25kg, and bales of hay is hard work. I can wheelbarrow, unload and stack 70-100 bales of hay in an hour.

When the sheep are sheared, I have to round them up. It's a full-on workout! Olivia and Sheepy are easy to

handle, but the males are quite flighty. Trying to outwit one can have me doing a full-on sprint to corner it.

Jacobs [their breed] are horned so the easiest way to get them

where

I need them is to ride them like a motorbike, holding the horns, and steering them with my legs! My arms and legs are very strong.

With the chickens, their coop is on wheels and has

to be repositioned frequently to ensure there's fresh grass on the floor. It's heavy to lift and move – a great resistance workout! Cleaning out their run once a week involves lots of bending and stretching.

My three children (who are 22, 20 and 16) all say I look good for my age – I'll take that! My weight stays stable, but if I do put some on, it comes off easily. I can still wear clothes that fit me 15 years ago.

My spirits are always lifted when I'm outside with our animals. As much as I look after them, they look after me.'

'They look after me, as much as I them'



Alison loves being outside with her animals



woman&home

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YOUR BODY & HEALTH

A BETTER SUMMER

Start the warmer months as you mean to go on, with our expert advice on keeping well. From tips to help you reap the benefits of an afternoon siesta to the lowdown on all the latest health gadgets on the market, we have it covered. And if you've always wanted to try tai chi, then turn to p104 for everything you need to know about this on-trend practice. Ready to strike a pose? Let's begin.



PHOTOGRAPHER: JOHN ROWLEY, STYLING: BECKY JOINER-O'RORDAN, HAIR AND MAKEUP: LISA VALENCIA USING CHARLOTTE TILBURY AND DRYBAR, MODEL: JENNA AT HEY JUDES MODEL MANAGEMENT, CLOTHING: SHIRT, NEWLOOK.COM, SWIMSUIT, MATALAN.CO.UK, BRACELETS, ESTELLABARTLETT.COM, RING, CHLOBO.CO.UK, SUNGLASSES, PRIMARK.COM



8 SECRET PERKS *of a* SIESTA

Get tired and flustered in hot weather? Feel better in an instant with a quick kip, so you don't miss any summer fun

Taking time out of an already busy day for a snooze might seem counter-productive, but it's worth it. Politicians such as Winston Churchill and Bill Clinton are said to have relied on a daytime nap to cope with their schedules. And no wonder – a nap has been found to boost levels of alertness by 54%*. Here's why a well-timed siesta could work for you, especially in warm weather.

SHARPEN YOUR FOCUS

A short power nap can give your mind more clarity and focus. In fact, regular afternoon napping was linked to better cognitive function in adults, found a 2021 study in China. By letting your brain rest, you're giving it time to replenish its energy. 'Having a

20-minute nap mid-afternoon has been shown to boost mental performance for three to four hours,' says sleep expert Dr Neil Stanley.

BALANCE HORMONES

Sleep is essential for keeping hormones in balance and maintaining your



nervous system – if these are all out of whack, it will affect your energy levels, too. ‘Adequate sleep is essential for maintaining healthy levels of the hormones that control appetite, stress and blood glucose levels,’ explains clinical hypnotherapist and psychologist Holly Buckley. ‘A 30-minute nap can reverse the hormonal impact of a poor night’s sleep and restore them to normal levels.’

CALM ANXIETY

A lack of sleep can lead to an excess of the stress hormone cortisol in our system – but a nap will help release the growth hormone, which is the antidote, therefore helping to boost immunity and reduce stress and anxiety. ‘Not only that, but the pressure we put on ourselves to get good sleep can cause anxiety in itself,’ says Holly. ‘When having a nap, you’re taking that anxiety away.’

HELP YOUR HEART

Occasional napping has been shown to reduce your risk of a heart attack, reported a study in the *British Medical Journal* in 2019. ‘We know that sleep deprivation can put the heart under pressure, so it makes sense that a quick “sleep snack” could be beneficial,’ explains sleep expert Rosey Davidson from Just Chill Baby Sleep. >>

3PM
 This is the optimum time for a daytime nap, says The Sleep Charity. Any later, and it interferes with your night-time sleep.

NAPS VS TATT

A short daytime nap is largely proven to be good for you, but if you nap because you’re tired all the time (TATT) there could be a medical cause, such as:

- + Anaemia
- + Chronic fatigue
- + Depression
- + Fibromyalgia
- + Insomnia
- + Sleep apnoea
- + Underactive thyroid

See your GP if concerned by how much daytime sleep you need.

INCREASE PRODUCTIVITY

Almost 2% of the UK's GDP is lost each year because of a lack of sleep, according to research**. As a result, some companies, such as Google, allow people to nap at work. The benefits of workplace naps look promising. One study that monitored the sleep of approximately 450 adults in India, found that a 30-minute afternoon nap resulted in a 2.3% boost in productivity, as well as improved wellbeing***.

BOOST HAPPINESS

A nap can boost levels of the happy hormone serotonin – when this takes a dive, your mood goes down with it. 'But no more than half an hour, otherwise you'll end up feeling worse,' warns Rosey.

SUPPORT IMMUNITY

A lack of sleep can mean your immune system struggles to fight off bugs and infections – this is because sleep supports the proteins and cells of your immune system and helps keep it strong. 'Those healing from health conditions will also find that napping can help their body to heal and recover – naps can help boost our immune system, and reduce inflammation in the body,' says Rosey.

IMPROVE STAMINA

Exercise tires your body out – and during sleep your body repairs cells and any damage caused by vigorous exercise. If you're lacking sleep, it's unable to perform this function to the best of its ability. Taking a nap gives your body an extra opportunity to carry out essential repairs and keep your body strong, including your heart and blood vessels. 'The benefits athletes get from more sleep has been highlighted by research,' explains Holly. 'Short naps can reduce tiredness and improve performance overall.'



Become a super snoozer

While you might feel like falling asleep in front of the TV, it's not the ideal way to enjoy a nap. Here's how to get the most from your daytime slumber.

+ EAT A BANANA

Certain foods, including bananas, Brazil nuts and warm milk can help you drift off.

+ NAP IN A DARK, QUIET ROOM

Try to find somewhere without distractions and too much light.

+ DRIFT OFF TO GENTLE SOUNDS

Some people find birdsong or waves help them drop off. Try White Noise Lite (free, from App Store or Google Play), which has more than 50 ambient sounds to choose from.

+ KEEP IT COOL

Make sure the room is the optimum temperature for sleep – between 16-18C, if possible (for tips on sleeping in the heat, see our panel).

+ SET AN ALARM

Experiment with naps between 20-30 minutes to see what works for you. Any longer and you'll fall into a deeper sleep and wake up feeling groggy (known as sleep inertia).

+ LIE DOWN

If you lie on your bed or the sofa, you're

Try having a cup of coffee before your nap, suggests Rosey. You should wake up feeling refreshed, just as the caffeine kicks in.

How to nap in the heat

If you struggle to sleep in the heat of the summer, here's why. 'As we fall asleep our body temperature naturally drops. When the room is too hot, or your covers are too thick, you can struggle to reduce your body temperature, which makes falling asleep much harder,' explains Dr Lindsay Browning, psychologist and sleep expert at And So To Bed. These helpful tips from Dr Browning will help:

+ Close the curtains in daytime

If you have to work from home in your bedroom, this may not always be possible, says Dr Browning. 'However, keeping the curtains shut during the day will stop the sun from heating up the room.'

+ Open some windows at night

This will allow cool air from outside to circulate around your bedroom, giving you a much-needed light breeze. It doesn't work for everyone, however, as you may feel it's a security risk if you sleep on the ground floor. 'And if you live by a noisy street that may make it hard to sleep,' adds Dr Browning. 'But as long as you don't live next door to a barking dog or a train station, it's worth a try!'

+ Keep a water spray to hand

'Keep the spray by your bed and use it as a cooling spray for your face, neck and wrists for when you get too hot,' advises Dr Browning. You can also give your bedding a light spritz to keep your covers cool.

+ Have a cool shower before snoozing

This will lower your body temperature. Stick to cool or lukewarm water though. 'If it's too cold, you might wake yourself up, and if too hot you might struggle to cool down in time to sleep,' says Dr Browning.

+ Lose the duvet

Even low-tog duvets can be too much in summer. However, if you prefer to sleep under something, use a cotton bed sheet. 'If there are two of you, have one each,' suggests Dr Browning. 'This will ensure moisture wicks away from each individual. Another top tip from Dr Browning? 'If you can bear it, sleep with your feet outside of the covers.'

+ Invest in natural fabrics

Cotton clothes can help to wick away moisture, such as sweat, says Dr Browning. 'This helps lower your temperature because the vapour is free to transfer through the fibre, lowering the humidity between the fabric and the body, which provides you with a cool feeling.' The same goes for bedding.

+ Cool down the fan

Air conditioning is still a luxury in the UK, so most of us will cool down with a fan. But, when it's very hot, fans will circulate warm air. 'To make the fan more effective, put a large bottle of water in the freezer until frozen and place it in front of the fan,' says Dr Browning. 'This will cool the air the fan is blowing, making the room more comfortable.'

+ Sleep alone

If you can sleep apart, or don't mind doing so, it will be cooler as you're not within the vicinity of your partner's body heat. If it's very hot, sleeping downstairs, may help, because heat rises so the living room will be cooler than your bedroom.



less likely to wake up with new aches and pains compared with if you fall asleep in a chair.

+ MANAGE ALLERGIES

Hayfever or other allergies cause stuffiness, making it harder to nap. If necessary, take an antihistamine before sleeping. Alternatively, opt for a natural product such as A. Vogel's Pollinosan Hayfever Tablets (£11.99, avogel.co.uk). If you have a pet allergy, sorry folks – no more snuggling up to Fluffy or Fido.

+ WAKE UP GENTLY

Download an app on your phone that allows you to wake up to your favourite music, rather than a startling alarm. Try Alarm Clock for Me (free at App Store or Google Play).

Calling DRUGS

From apps and wearables to blood-pressure monitors and sleep aids,



BEAT INSOMNIA

Almost half the population is affected by sleeplessness at some point, according to The Sleep Charity*. But with the **Dodow Sleep Aid Device (£49.90, mydodow.com)**, you could be snoozing sooner. Designed to help with stress-related sleep issues, this device emits a growing and shrinking light onto the ceiling that you follow with your breathing, helping you relax.



EASE PAIN

Using electrical pulses to interrupt pain signals in your brain and encourage production of natural painkilling endorphins, a TENS machine** may bring relief if you're suffering with arthritis, backache or pelvic pain. Try the **Beurer EM49 PainFree Digital TENS & EMS Machine (£54.98, Amazon)** – it has 64 programmes to target different types of pain.

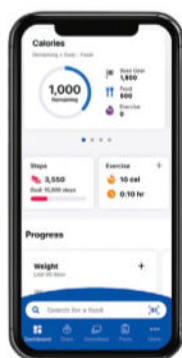


COUNT YOUR STEPS

Looking for an affordable tracker? With the **Huawei Band 4e Active smart watch (£25.99, Amazon)**, it's easy to monitor your step count. Hook it up to an app on your phone and it tracks distance covered, calories burned and even how well you sleep. If you don't want to wear it on your wrist, it can be buckled onto your shoe instead.

BREATHE CLEANER AIR

Poor air quality in the home can cause headaches and irritation of the eyes, nose and throat, and trigger asthma, allergies and other respiratory conditions. The solution? An air purifier to remove airborne pollutants. Try the **Mighty Ionic Air Cleaner (£19.99, easylife.co.uk)** – it's compact, quiet and easy to clean.



USE A DIET BUDDY

Download the free MyFitnessPal app to successfully reach your weight-loss goals. You input what you eat to monitor and reduce calorie intake by scanning product barcodes or looking up items on the extensive database. You can log activity levels, too. **MyFitnessPal (free, App Store and Google Play)**.



TONE YOUR PELVIC FLOOR

Pelvic floor muscles can be weakened by childbirth, weight gain or chronic constipation, and it's estimated that 50% of women experience some level of pelvic organ prolapse***. Kegel exercises will help prevent incontinence leaks and the **Kegel8 Biofeedback pelvic trainer (£70.82, kegel8.co.uk)** will track your progress.

GADGET!

these smart buys will help keep you fit and well

If you struggle to get a GP appointment or you're too busy to book in for a health check, looking after yourself at home is easier than ever thanks to these nifty gadgets. They can help manage concerns such as sore muscles, insomnia and a weak pelvic floor, as well as enable you to keep an eye on everything from your heart rate to weight gain – keeping you one step ahead of potential health issues.



BOUNCE OUT OF BED

Find it hard to get up? The **Lumie Sunrise alarm clock (£49.99, Currys)** beams mood-boosting light into the bedroom to regulate sleep and wake cycles – ideal for anyone wrestling with morning grogginess. There are 10 light levels that can be set with a beeping alarm or gentler sounds, and it also acts as a dimmable bedside lamp.

CHECK YOUR TEMPERATURE

The pandemic made us more aware of how effective a temperature check is to detect illness.

Today, the most hygienic thermometers are digital and non-contact. With clinically proven accuracy, the **Non-contact thermometer (£39.99, Boots)** displays a 'sad face' if a temperature is recorded of over 38C, indicating a fever.



MONITOR BLOOD PRESSURE

Around one in four adults in the UK are thought to have hypertension, says the British Heart Foundation. With a blood pressure monitor, you can keep an eye on BP readings and share the data with your GP – a healthy reading is between 90/60mmHg and 120/80mmHg. The **HoMedics arm blood pressure monitor (£24.99, homedics.co.uk)** stores up to 60 readings and can also detect an irregular heartbeat.



SOOTHE SORE MUSCLES

Whether you want to ease tension or pummel tight knots, percussive therapy can soothe aches and aid recovery after exercise. Massage guns work by rapidly compressing soft tissue to stimulate blood flow, increasing oxygen to muscles. Try the **Renpho R3 Active (£84.99, renpho.uk)** – it comes with five heads and can be charged via USB.



TAKE YOUR PULSE

Oximeters are dinky devices that clip onto the finger to check pulse rate and blood oxygen levels. This needle-free test can help monitor health concerns such as respiratory issues, heart conditions or blood clots. The **Kinetik Wellbeing finger pulse oximeter (£24.99, Superdrug)** is easy to use and medically approved.



WEIGH YOURSELF THE SMART WAY

These smart scales will not only help you maintain a healthy weight, they also give readings for body fat, visceral fat, muscle mass, total body water and even a rough bone mineral mass. Try the **Salter Bluetooth smart scale (£34.99, salter.com)** – it syncs with your smartphone via a free app to track your progress.

*THE SLEEP CHARITY.ORG.UK. **NOT SUITABLE FOR PEOPLE WITH CERTAIN MEDICAL CONDITIONS. CHECK WITH YOUR GP BEFORE USING. ***NICE. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP.

Surgery IN THE SUN

From 'Turkey teeth' to foot surgery in Spain, more UK residents are jetting abroad for half-price healthcare, but is it worth the risk?

Waiting times consistently rank as one of the public's main concerns with the NHS and, since the pandemic, the number of patients waiting – sometimes years – for health procedures and dental care has continued to grow. So it's no wonder that in 2019, 248,000 UK citizens chose to go overseas for medical treatment – more than double the number who did the same in 2015*.

'It's often significantly cheaper to go abroad, sometimes a third of the price that you'd pay to go private in the UK,' reveals Dr Naveen Cavale, plastic and reconstructive surgeon at both the NHS and REAL clinic**. 'Plus, if it's packaged a bit like a holiday – near a beach or pool to recover by – it makes something quite scary feel much less intimidating.'

But, there's a catch. 'It's often cheaper because regulations in some places are much less controlled,' he explains. 'I've experienced patients who have had treatment abroad causing life-threatening conditions afterwards. If you cut corners, you can run into serious issues later down the line.'

Still, medical tourism is on the rise and dozens of countries, from Spain to Malaysia, are getting in on the act. Despite the horror stories – like 30-year-old Kerrie Wilkes from Glasgow, who contracted sepsis after

a procedure in Poland – there are many ethical options overseas; it all depends where you go and what you have done.

Here, we reveal health tourism's hotspots and talk to Dr Cavale to get his advice on what you need to take into consideration before hopping on the plane.

NEED TO KNOW

It's likely you will need specialist medical insurance for overseas surgery, as most standard travel insurance policies will not cover you for planned private treatment abroad.

Do your research, as this can increase the overall cost of your procedure.

SPAIN

Are your bunions becoming a bother? This type of foot surgery is rarely offered on the NHS unless they are seriously affecting your life, so nipping across to Spain and paying around £1,300, as opposed to £4,400 privately here, may seem like a good option. But be warned, bunion surgeries can fail in a number of ways, including the bone not healing correctly or healing in the wrong position, causing more pain than you started with. 'When you are looking

to book these sorts of procedures, keep in mind that quality costs more for a good reason,' says Dr Cavale.

INDIA

Specialising in heart bypass surgeries, India has become a surprisingly popular destination for high-end surgeries at inexpensive prices. It's thought that Westerners can save more than 75% by choosing India, even with travel costs factored in.

But, Dr Cavale warns, distance may become difficult post-surgery. 'Your surgeon is usually best for sorting out complications, but if they're based thousands of miles away, they are not much help.'

CZECH REPUBLIC

Nose jobs aren't always done for aesthetic reasons. Rhinoplasty operations to reduce blockages and ease breathing are among the most popular procedures. In Prague, you can get your nose reshaped for about £1,600, which includes a night at the clinic, as opposed to £4,500 in the UK. It's also a haven for cheaper cosmetic surgery, but tummy tucks, liposuction and fat transfers are among the most common botched jobs, says Dr Cavale.

TURKEY

The recent trend for 'Turkey teeth' is big with reality stars, and involves having >>





consequences, costing more than £5,000 to rectify.

Weight-loss surgery – such as liposuction or having a gastric band fitted – and hair transplants are also commonly performed in Turkey for bargain-hunting Brits. The latter can cost less than half the price of the same surgery at home.

LITHUANIA

Last year, an NHS report showed that 713,000 UK patients were waiting for knee or hip replacements, with 55,000 of those having waited more than a year.

So it's no wonder that Lithuania, where a hip operation costs £3,000 (£6,000 less than a private one here) is a popular place for those suffering hip-pain hell.

'Just be aware that potential complications could be much worse because it takes longer to get them recognised and sorted when you're back home,' says Dr Cavale.

MALAYSIA

Malaysia attracts hundreds of thousands of medical tourists each year for a range of issues, from specialist treatment for burns to heart procedures.

The country has also become a leading destination for fertility interventions, with many hospitals offering IVF rounds for a few thousand pounds less than you would have to pay in the UK.

your gnashers shaved down and veneers or crowns popped on to achieve a Hollywood smile.

However, Turkey is one of the medical hotspots where, Dr Cavale says, regulations are 'a lot less controlled', and while the outcome might initially look good on Instagram, filing down healthy teeth can't be reversed and can have dire

THE NHS ABROAD

In certain situations, it's possible to get NHS-funded healthcare in the EU, Norway, Iceland, Liechtenstein or Switzerland. This includes if you're waiting too long for a treatment or operation here that could be done sooner overseas, for example cancer treatment.

However, there are certain criteria that need to be met; for example the requested treatment cannot be experimental or part of a drug trial, and if the country you travel to only partly state-fund its healthcare, you will still have to pay a percentage of the total cost. The organisation and cost of travel and other arrangements all fall to you, and you would need to follow correct procedures and have your doctor's approval. But it's worth looking into at nhs.uk and discussing your options.

TEMPTED TO TRAVEL?

Dr Cavale suggests the following advice if you're considering an overseas operation.

+ Do your research

Your surgeon abroad – and the hospital – should have a serious international reputation and presence. Check that the facility is the equivalent of the Care Quality Commission-certified regulated clinics we have here and look up your surgeon online. I'm a member of ISAPS (International Society of Aesthetic Plastic Surgery), and I speak regularly at conferences – all the best, safest and most trustworthy surgeons will have similar credentials.

+ Ask the right questions

Question how often the surgeon performs the procedure – it should be regularly and they should have years of experience. Check that they are properly qualified in the country they're operating in. They should be the equivalent of being on the GMC Specialist Register (UK) or board certified (US).

+ Stay for at least four weeks

And if you can't, don't go! If I'm doing surgery on foreign patients, I insist they live in London for four weeks. That is when almost all the serious issues arise and I can sort them out properly myself, if required. Of course, this will inflate the overall price tag, and should be taken into account from the start.

+ Be prepared for problems

Surgery always carries risks, so be prepared to face some. Ask what the arrangements are if there are complications, if they're insured and what the procedure is if that happens when you're home. Also, get ready to potentially spend a lot more money if things do need correcting.

Just add *SEAWEED*

Move over kale, this nutrient-rich superfood can supercharge your health this summer

Seaweed might not be top of your supermarket shopping list, but, according to experts, its high levels of iodine, plus calcium, iron, magnesium and polyunsaturated fatty acids, make it an underrated addition to our diets.

'This special type of algae contains virtually all of the minerals that are found in the ocean, essential for many bodily functions,' explains nutritionist Fiona Lawson. So, it's no wonder the Japanese have enjoyed 'nori' for thousands of years, and they're currently No.2 in global life-expectancy rankings. Plus, Korean studies suggest it could reduce the risk of type 2 diabetes and heart disease. Here's how seaweed could help you.

BALANCE YOUR HORMONES

They can be disrupted by poor sleep, stress and even sunlight, but a deficiency in trace minerals, such as iodine, can also create hormone issues – particularly for women in midlife, as fluctuating levels of oestrogen can impact thyroid function.

'You can easily become deficient in iodine if you don't eat a lot of seafood or dairy products,' says Emma Thornton, nutritionist at A.Vogel. Just watch your limits. Adults need about 140mcg of iodine each day, but too much is not good for you and



GOOD FOR THE GUT
Seaweed contains fucoidan, which has potential antiviral and anti-inflammatory properties.

SWAP Your usual snacks for **Clearspring Organic Seaweed Crispies Multipack, £2.32, ocado.com**

GET THICKER HAIR AND FIRMER SKIN

Skin can also receive a boost from seaweed. Why? It's all thanks to collagen, which gives skin structure and elasticity. 'To make collagen, your body uses amino acids, plus nutrients such as vitamin C, zinc and copper, many of which are found in seaweed,' says Fiona. Using shampoos and conditioners containing kelp may also help strengthen weak hair.

USE Invigorating Seaweed Shampoo, £8.95, and Seaweed & Arnica Bath Salts, £16, both nealsyardremedies.com

FIGHT FATIGUE

Fatigue is common in midlife, and may be caused by a lack of iodine. 'The thyroid gland works to stimulate the production of adenosine triphosphate (ATP), your energy currency,' says Belinda. 'This means that low levels of thyroid hormones can cause fatigue, poor sleep, cold hands and feet, and brain fog.'

Seaweed also contains B vitamins, such as riboflavin and pantothenic acid. The body uses these to help break down food effectively, so we derive as much energy from meals as possible.

TAKE Healthspan Kelp Extract, £10.12, healthspan.co.uk

seaweed contains extremely high levels, so eat no more than once a week.

EAT Organic Atlantic Wakame Seaweed, £4.19, clearspring.co.uk

BOOST YOUR BONES

Strong, healthy bones are often associated with calcium-rich products, such as milk. However, iodine is an equally important mineral for bone health. The good news? Seaweed is a great source of both. 'Iodine is needed for bone maintenance,' says Belinda Blake, a registered nutritional therapy practitioner at the Institute for Optimum Nutrition (ION). And a study found a link between low iodine levels and an increased risk of osteoporosis in postmenopausal women.'

DID YOU KNOW? Wakame and laver seaweed are listed in the Future 50 Foods Report: foods we should eat more of.

What's WORTH THE WORRY?

Whatever the problem, don't waste
your time wondering what to do...

We're all familiar with everyday ailments, and while the majority of these are the result of lifestyle choices, there are times when a professional opinion will put your mind at ease. So can you spot when a health issue could be harmless, or if you have a real reason to worry? Our experts reveal the truth behind these common concerns – and you might be very surprised!

BLEEDING GUMS

Could it be harmless? Yes No

ANSWER: No – it's time to take action. 'At best, it's a sign that your oral hygiene needs attention,' says dentist Dr Uchenna Okoye. 'Bleeding gums can indicate gum inflammation called gingivitis – or could mean the more severe periodontitis (an infection that could lead to gum damage and tooth loss).' Spend two weeks cleaning your teeth thoroughly. Make sure you brush twice a day and don't forget to floss. If the bleeding stops, the cause was gingivitis. If nothing changes, see your dentist.

BLURRED VISION

Could it be harmless? Yes No

ANSWER: Yes, because experiencing blurred vision when reading or looking at a computer screen is normal as you grow older. This is easily rectified with reading glasses or contact lenses. However, blurred vision coupled with pain, redness, nausea or white haloes could be indications of something more serious, such as acute uveitis. Sudden flashes, spots or floaters could be a detachment or tear in your retina. See an optometrist urgently if you experience these.

FLUTTERING HEART

Could it be harmless? Yes No

ANSWER: No – but don't panic. The heart should beat steadily. If you notice it fluttering, seek medical help. 'It could be your lifestyle – too much stress, caffeine or alcohol. Or it could be a problem with the heart itself,' says consultant cardiologist Dr Ameet Bakhai. Don't delay getting checked if you have dizziness, nausea or shortness of breath.

Starting to snore

Could it be harmless? Yes No

ANSWER: Yes, it's normal as you get older. 'With age, the soft palate tissue becomes longer, thicker and looser, vibrating more with the airflow linked to our natural breathing,' explains Professor Yves Kamami. Cut back on alcohol, avoid smoking and spicy food, sleep on your side and lose weight if you need to. Sometimes, however, snoring can be a sign of an underlying condition, such as obstructive sleep apnoea, so talk to your GP if you have other symptoms, too.

DAILY HEADACHES

Could it be harmless? Yes No

ANSWER: No, as while having a headache every so often is normal, you shouldn't have them every day, says headache specialist Professor Anne MacGregor. 'It could be stress, eye strain, dehydration or, if you take painkillers daily, a reaction to those.' Drink plenty of fluids and take screen breaks. But make sure you see your GP if your headache is severe with tingling, numbness or vision problems, or if you have high blood pressure.

BLOOD ON THE TOILET PAPER

Could it be harmless? Yes No

ANSWER: No. It's cause for concern, but not always a sign of something sinister. Bright red blood when wiping is a symptom of anal tears or haemorrhoids – otherwise known as piles. 'Haemorrhoids can cause discomfort, bleeding, itching and lumps around the bottom,' says Nick West, clinical lead for the Departments of General Surgery and Colorectal at Epsom and St Helier University Hospitals. 'Although they can be left alone, they may get worse over time.' It's always best to get bleeding checked out, especially if blood is dark and sticky, or stools turn black or plum in colour. Inform your doctor about any noticeable changes in your bowel habits.

Feeling faint

Could it be harmless? Yes No

ANSWER: Yes, when it's a one-off. Dizzy spells can occur if you get up too fast, explains GP Dr Giuseppe Aragona. 'However, they can also be a sign that you have low iron.' You should visit your GP if you're experiencing more than one or two dizzy spells per day and your vision goes, says Dr Aragona. Dizziness may also lead to fainting, which occurs when the brain doesn't receive enough oxygen. Common triggers include low blood pressure, dehydration and panic. If you feel faint, put your head between your knees. Blackouts can indicate a mini stroke (TIA) or an abnormal heart rhythm.

HAIR ON YOUR BRUSH

Could it be harmless? Yes No

ANSWER: Yes, it could be normal. 'We lose around 100 hairs a day, so don't panic if you see a lot on your brush,' says Dr Bessam Farjo, a hair restoration surgeon. 'If you're post-menopausal, changing hormone levels mean it's not uncommon for hair to thin.' Eat plenty of protein and wash hair regularly. If your scalp's visible through your hair, see your GP. It may be female pattern baldness.

Time to try TAI CHI

From improving your balance to boosting your immunity, low-impact exercise has lots of unexpected benefits

When it comes to building up muscle strength, flexibility and improving your cardiovascular fitness, tai chi may not be your first thought. Yet, this gentle, mind-body workout can do all that (and more). 'Tai chi is a traditional Chinese martial art that combines deep breathing, meditation and slow, flowing movements. It offers numerous benefits for both physical and mental wellbeing,' explains tai chi instructor Sifu Ian Orkin.

Sometimes described as 'meditation in motion', the exercise involves moving through a series of slow, controlled motions without pausing, connecting the body and mind. The movements can vary in speed and style but, practised regularly, can improve many aspects of your life and health.

1 REDUCES STRESS

If you have a lot going on in your life, whether that's family commitments or work stress, practising tai chi can help you feel more centred and calm.

'Tai-chi practice aligns simple movement to the breath – breathing out when in closed postures or

movements and breathing in when opening the body,' says tai chi expert Jason Riddington, author of *Life, Death, Tai Chi and Me* (£14.99, Adams Media). 'By regulating the breathing to become deeper and more sustained, we become more relaxed. The repetitive nature of this peaceful mind-body-spirit dynamic significantly reduces stress.'

2 DEVELOPS BALANCE

Tai chi was originally designed to improve the strength and balance of the men in militia. 'Movements promote body awareness, coordination and balance,' says Ian. 'Regular practice can enhance stability and reduce the risk of falls, making it particularly beneficial for older adults.'

3 INCREASES MUSCLE STRENGTH

You don't need to go to the gym to build up muscle. The gentle movements of tai chi engage various muscle groups in the upper and lower body, as well as the core muscles, which can help to improve strength and mobility. 'It is the cumulative

sustained effect of one exercise flowing to the next that generates such extraordinary increases in muscle-tone and core power,' says Jason.

4 IMPROVES FLEXIBILITY

'Tai chi increases flexibility by developing the tensile strength of muscles and ligaments, while gently lengthening them in order to facilitate high levels of flexibility,' says Jason. This helps participants remain injury free. 'Like the gradual pulling of an elastic band, the body's flexibility develops over time with gentle repetition. With tai chi, flexibility and power are developed in equal measure meaning that practitioners will have the core strength and power to match their increased levels of flexibility.'

5 ANYONE CAN DO IT

Tai chi movements can be adapted to suit any age or ability. There are principles and rules for each move, but it is up to you to work to your own level. 'How dynamic an exercise appears to be or how low a stretch is performed, for example, is governed by the ability of the participant,' says Jason.

'Tai chi can be performed by anyone at any time of life.'

physically in the way that it was intended to be used and exercised. This will ultimately manifest in healthier and more organic sleep patterns.'

8 RELIEVES PAIN

Doing tai chi twice a week can help alleviate pain for people who suffer from conditions such as fibromyalgia, osteoarthritis, rheumatoid arthritis and tension headaches, according to

HOW OFTEN?

Start with around 20 mins a day to help you learn the poses. If that's not realistic, two or three times a week should be enough.

Find free tutorials on YouTube, such as *Daily TaiChi with Don Fiore*.

6 BOOSTS YOUR IMMUNITY

If you find that you're getting ill a lot, tai chi may well be the answer – several studies have found that it has positive effects on the immune system and its response to inflammation.

'Regular practice can increase the production of antibodies and enhance the body's ability to defend against infections and diseases,' says Ian.

studies. 'Tai chi incorporates gentle stretches and postures that promote proper alignment and posture. Regular practice can help to alleviate chronic pain, particularly in the back, neck and joints,' says Ian.

7 AIDS A BETTER NIGHT'S SLEEP

The relaxation techniques employed in tai chi can encourage more restful and rejuvenating sleep. 'Tai chi can and does encourage better sleep. However, when you start tai chi you may actually find it harder to sleep at first! This is because you will have started to increase the flow of qi energy through your body,' says Jason.

'After a short period of practising tai chi, you will find that you have the feeling of having "used" your body

9 GOOD FOR YOUR HEART

If you're not a fan of running or sweaty HIIT workouts, tai chi offers a gentler way to boost your aerobic fitness. 'The continuous, rhythmic movements increase heart rate, improve circulation and enhance cardiovascular fitness over time,' says Ian.

10 PROMOTES FOCUS AND CONCENTRATION

The mental concentration required trains your mind as well as your body. 'By practising mindfulness during the movements, you can enhance your ability to focus, improve mental clarity, and cultivate a sense of tranquillity,' says Ian.

Drink Up!

Don't let dehydration ruin your summer – try these clever ways to get your fluid fix



ARE YOU HYDRATION SAVVY?

If you tick yes to three or more of these, you're on the right track...

+ My water bottle goes wherever I go

YES NO

+ I never go more than half an hour without having a sip of water

YES NO

+ Water tracking apps help me stay on top of my goals

YES NO

+ I pass urine frequently

YES NO

+ My meal-time drink is often a glass of water

YES NO

Hot weather leaving you parched? If you're not getting enough water, especially during the sunny season, you could be putting your health at risk. 'On a hot day, you will need to drink a lot more because we lose fluid due to increased sweating,' says nutrition expert Penny Weston*. Subtle signs of dehydration include headaches, constipation and increased thirst. But reaching your fluid intake goals is easier than you might think. Follow these expert tips to stay hydrated whatever the weather.

INVEST IN A BOTTLE

Not only do reusable bottles reduce plastic waste, they can also help motivate you to drink more water as you'll have it with you throughout the day, says Penny. Leave it where you spend most time as encouragement to drink, and take a filled water bottle with you when you're out and about too. 'Some bottles are even designed with motivational time markers to help you reach your goal,' adds Penny.

JOG YOUR MEMORY

Forget to hydrate? Use your smartphone as a reminder. 'I'd recommend using an app or the alarm on your phone,' says registered dietitian Sasha Watkins**. 'Set these reminders every 30 minutes. This is especially effective if you're the type of person who often forgets to eat or drink throughout the day due to a busy schedule.' We rate Water Reminder app (free, iOS and Android).

HAVE A CUPPA

Good news for tea lovers – that daily brew also counts. It's full of flavonoids, health-enhancing plant compounds that help fight inflammation in the body, boosting circulation and supporting brain and heart health. A cuppa might

even add as much as a year to your life expectancy – recent studies from China followed regular tea drinkers for seven years, and found they were 20% less likely to develop cardiovascular disease than non-tea drinkers.

BOOST FLAVOUR

Find plain water dull? Add fruit, suggests Penny. Summertime seasonal fruits not only taste delicious but they're packed with essential vitamins and minerals, too, such as magnesium, iron and calcium. These help to keep your body strong, fight fatigue and protect against conditions such as high blood pressure and diabetes.

Penny recommends adding lemons, lime, cucumber, watermelon or strawberries for a fruity kick.

MAKE A MEAL OF IT

Have a large glass of water alongside every meal and ask for tap water for the table when you're eating out. It's a simple strategy but an effective way to up your water intake. Drink while waiting for your meal to arrive and make sure you take sips throughout your meal. It helps fill you up and stops you from overeating too.

TRICK YOUR TASTE BUDS

Sweet tooth? Don't let it derail your hydration goals. 'If you usually drink something very sugary, such as fruit juice or iced tea, dilute it by adding ice or by topping up with some water,' says Sasha. 'Or try alternating every second drink with a glass of water. Over time you will find your taste buds adjust and you will prefer less sweetened drinks.'

FORM A HABIT

Glass of wine on a Friday evening part of your routine? Drinking a glass of water can become a habit in the same way – and it's a lot better for you. 'This is a great way to ensure you're drinking enough water, without having to think

TAKE THE TEST

The easiest way to tell if you're hydrated is to check your urine, says Phillipa Atkinson-Clow from the Water Dispenser & Hydration Association (WHA). 'If it's dark or has an odour, the problem may be dehydration.' Check yours against the colour chart (below).

WELL HYDRATED

PALE STRAW:

An ideal colour

YELLOW: You're OK, but you could do with a small glass of water right now.

DARK YELLOW: You may be a little dehydrated. Drink two small glasses of water.

VERY LIGHT BROWN: You need to drink about a half-litre of water straight away.

LIGHT BROWN: You are dehydrated and may have a headache. Drink a litre of water.

POORLY HYDRATED

If your urine is red/dark brown, dehydration may not be the problem. Seek medical advice.

about it,' says Sasha. 'Instead of trying to form a new habit, incorporate drinking water into habits or tasks you already do everyday, such as having some water after you eat, brush your teeth or after you use the bathroom.' It can take up to 66 days to create a new habit, says research***, so stick with it.

11 glasses
is what the NHS
recommends women
should aim for a day –
that's 2.7 litres
of liquid

SMILE BRIGHTER *than ever*

From cocktails to soft drinks, these expert tricks will keep your teeth healthy this holiday season

With your toothbrush and toothpaste safely packed in your suitcase, you may think you've got your holiday oral hygiene routine sorted. Think again. The summer months pose unique challenges when it comes to caring for your teeth. Hot weather, cold food and drink, as well as temptingly sugary cocktails, can cause uncomfortable tooth sensations and even bad breath – the last things you want when trying to relax and enjoy yourself. Here's what you need to know.

EASE THE FREEZE

Tooth sensitivity can ruin the fun of consuming some summer treats, such as ice cream and iced drinks. In most cases, sensitivity occurs around the neck of the tooth where the gum has receded. 'As this area isn't covered by hard enamel, the underlying tissue – called dentine – can become exposed,' says Neil Sikka, chief dental officer at Bupa. 'Dentine is sensitive to touch and temperature, as it has millions of tiny tubes that transport stimulus to the nerve.'

Sensitivity can also occur in cracked teeth and around loose or leaking fillings, so prioritise seeing a dentist to identify the cause of the issue. You can

WATCH OUT FOR WHITENING

It's an inexpensive and popular way to add some sparkle to your smile, but whitening toothpaste could be making your symptoms of sensitivity worse. 'These toothpastes don't actually contain any active whitening ingredients. Instead, they often contain abrasive particles that help to remove surface staining. But this can cause further damage to enamel and dentine,' says Anna.

relieve some tooth sensitivity by switching to a toothpaste formulated specifically for sensitive teeth. 'Some work after a few days, but most people notice an improvement after a week or two,' says dental hygienist and therapist Anna Middleton of londonhygienist.com. 'You can also apply the toothpaste with your finger directly to areas you feel are sensitive, and leave overnight.'

DON'T CRUNCH ON BITS OF ICE

On a hot day, resist the temptation to gobble the ice left in a cool drink. 'Crunching ice is potentially damaging as it's much harder than normal food,



TOOTHACHE ON HOLIDAY

If you experience persistent pain while away, see a local dentist, says Neil. In the UK, call 111 for details of an emergency service nearby and, if you're abroad, ask for recommendations from the place you're staying. Your travel insurance may cover the cost, or health insurance if you have it. 'If you can't see a dentist and you lose a filling or break a tooth, there are temporary filling kits available in pharmacies,' says Neil. 'These can be used as an interim solution to help stop food trapping and sensitivity.' Painkillers will also help.

and if you have a crack or a fracture line in a tooth or it's heavily restored you run the risk of it breaking,' says Neil.

SWAP YOUR SWEET DRINKS

We know sugary drinks – including alcoholic ones such as cocktails – can contribute to decay, but what about diet mixers? 'Although non-sugar sweetened sparkling drinks are slightly more acidic than water, they are a much better choice for maintaining good oral health in comparison to sugary sparkling drinks,' says registered dietician Nichola Ludlam-Raine from the British Soft Drinks Association. 'Non-sugar sweeteners do not contribute to tooth decay and are also frequently used in toothpaste, mouthwashes and fluoride supplements. This makes them a healthier alternative to squash and fizzy drinks containing sugar.'

USE A STRAW

One way to protect your teeth from your drinks choices is to use a straw. Try this when sipping dark-coloured beverages, which can contribute to staining on your teeth. But doesn't drinking alcohol this way make you more tipsy? 'There's no scientific evidence that it makes you drunk quicker,' says Dr Yasmin Anaboussi of L&Y Dental. 'However, you may drink faster, and this may make you drunk quicker, so always drink responsibly.'

BEWARE BAD BREATH

The most common cause of bad breath is poor oral hygiene, says Dr Anaboussi. On holiday, a change in diet, more alcohol than usual and hot weather are also culprits. 'Hot weather can cause dehydration – when the mouth gets dry, some acids in the mouth aren't so easily neutralised,' explains Neil. 'Saliva acts as a natural cleanser and with less saliva flowing around, plaque builds up more easily, leading to bad breath.' Ensure you stay hydrated and brush twice a day.

3 STEPS TO TIP-TOP TEETH

1 NEVER RINSE AFTER BRUSHING

Many of us are wasting our efforts by washing our mouths with water after brushing. 'Just spit,' says Dr Anaboussi. 'That way, the toothpaste's fluoride will have better preventative effects.'

2 CLEAN ALL FIVE SIDES

'Make sure you reach all areas of the mouth,' says Neil. 'The top, outside, inside, front and back of each tooth need cleaning. Cover all areas and brush for at least two minutes every day.'

3 AND FLOSS

Getting your technique right is key. 'It should pass between the teeth, then between the gum and tooth. Every time you put the floss between the teeth, there are two teeth to clean, not one!' says Neil.

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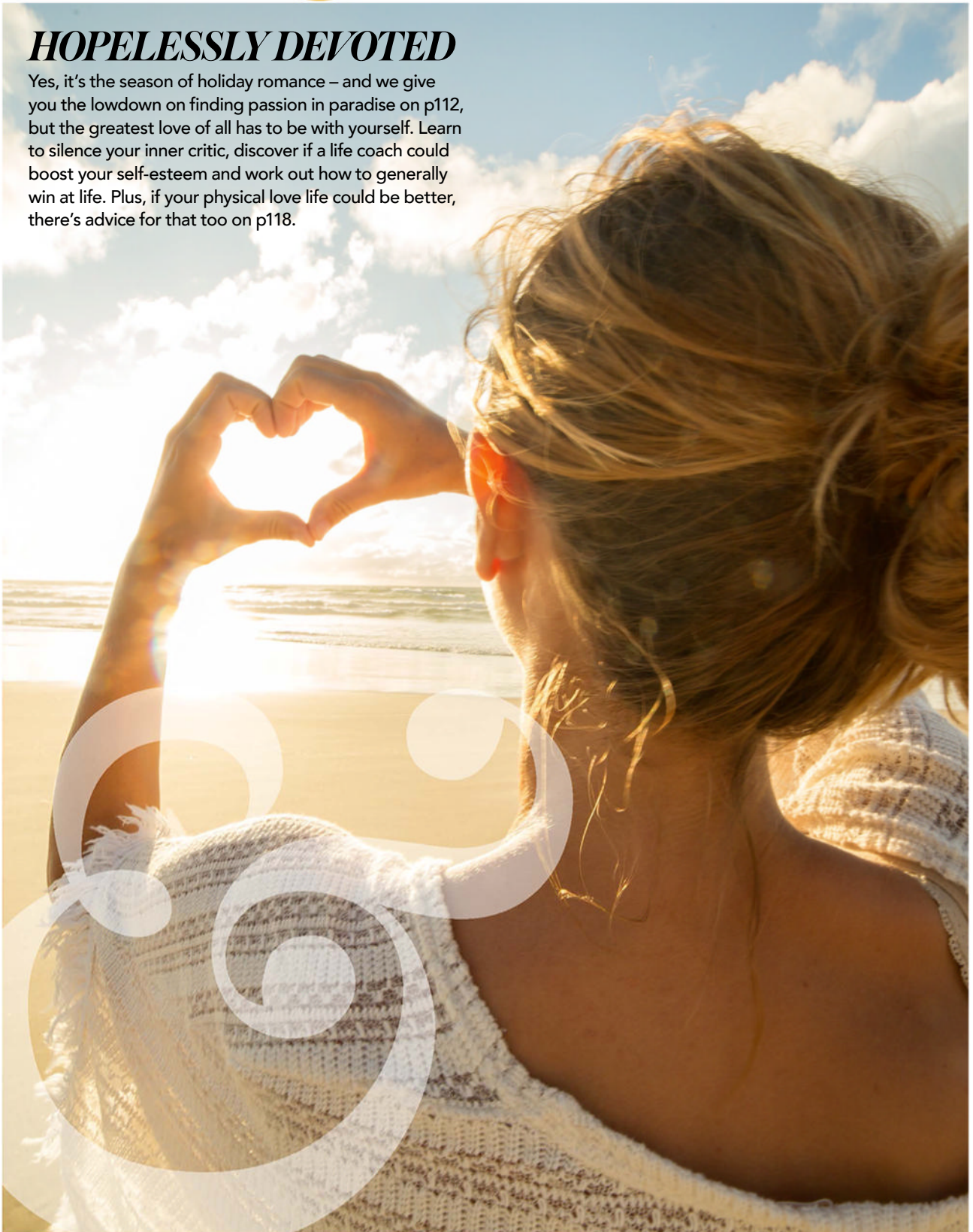


woman Woman's Weekly

SELF & WELLBEING

HOPELESSLY DEVOTED

Yes, it's the season of holiday romance – and we give you the lowdown on finding passion in paradise on p112, but the greatest love of all has to be with yourself. Learn to silence your inner critic, discover if a life coach could boost your self-esteem and work out how to generally win at life. Plus, if your physical love life could be better, there's advice for that too on p118.



Summer LOVIN'

Why are we so taken with the idea of a holiday romance?
Samantha Wood shares her story of finding romance in paradise

Seventeen years ago I was sitting on the beach on Ilha Grande – an island in Brazil – reading a trashy novel, unable to go hiking with my friend thanks to a dodgy seafood pizza I'd eaten. I was joined on the sand by some guy called Dave – an art teacher who was holidaying alone for two weeks. I was two months into an entire year away.

We chatted about where we lived (randomly, roads away from each other in East London), what we wanted in life (he wanted two kids, I didn't see myself with any) and, as he made me laugh, I remember the fleeting, ridiculous thought, 'Maybe *this* is who I'll marry?'

And – spoiler alert – despite Dave being far from my normal 'type' and our holiday romance lasting just five

short days, six years later that's exactly the person he ended up being.

At 28, I wasn't a stranger to holiday romances. I'd grown up with *Grease* on loop, the idea of finding your perfect match over the holidays something to aspire to. From meeting boys as a young teen on family camping trips to snogs in Kos on my first girls' trip abroad – could it even be a fun holiday if there wasn't a sniff of romance?

EXCITEMENT AND PASSION

We're continually fed the idea that vacations are a time to find love, but why is this?

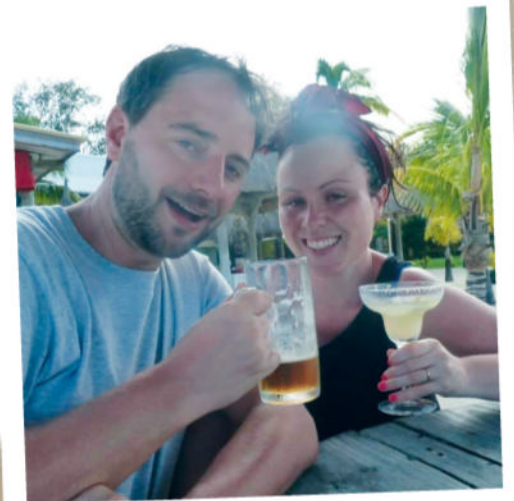
'Holiday romances offer the opportunity for excitement, passion and exploration, all of which can be energising experiences – a way of

shaking things up and escaping the monotony of everyday life,' explains Jess Alderson, co-founder and relationship expert at dating app So Syncd. 'For many, it's about reinventing themselves, unleashing a spontaneous, carefree, daring part of their personality, which can be liberating.'

For me, it was the opposite. I'd spent years trying to find a connection with someone through attempting to be 'spontaneous, carefree and daring' on internet dates or through 'exciting, passionate' alcohol-fuelled hook-ups in the corners of dark bars.

Instead, a true connection came 5,000 miles from home in a chance, very sober meeting on a remote beach. Most importantly, it came while I was just chilling out and being me.

My romance with Dave was fleeting, but immediately, just hours after we >>>



in my experience

“For many,
it’s about
reinventing
themselves’



met, I behaved in a way I probably wouldn't have if I had met him at home. We pretty much moved in together, as he packed up his bags and unpacked them into each of the hostel rooms I booked into over the following week.

BENDING 'NORMAL' DATING RULES

It was a similar story for Rochelle, who runs a successful marketing and PR agency, Rochelle White Agency, when she met Tony clubbing in Ayia Napa the summer before she went to uni.

'We chatted until the sun started to rise and then I persuaded him to take me for a burger,' she remembers. 'He dropped me back to where I was staying, saying he wanted to hang out the next day – and that I should bring my passport. Instead of alarm bells ringing, I seized the moment, and he took me to North Cyprus for the day.'

Rochelle says that when it came to safety she trusted her gut instinct and what followed was a summer full of sun, sightseeing and spontaneity with Tony. And, while it never led to love, she says that having the confidence to just go for it has stayed with her.

'Normal dating rules often go out the window on holiday,' says Jess. 'There's a sense of liberation that comes with being away. This can lead to newfound confidence in taking risks

'A sense of liberation comes with being away'

and pushing boundaries – which is why so many might go for someone who isn't their "type" or have a one-night stand when it's not usually their style.'

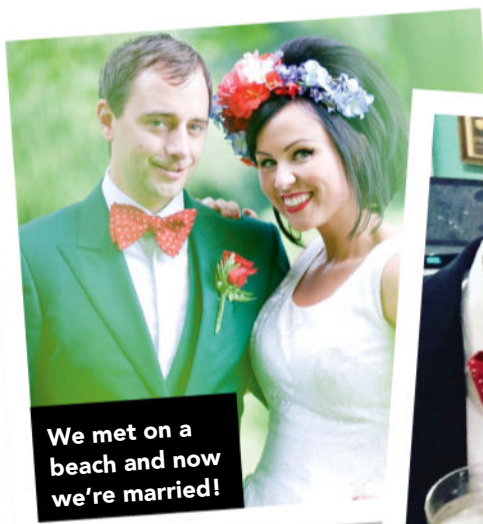
I have to admit that my 'normal' type had often been someone very different to the stable, wholesome person that Dave was, but I know that the summer

sun has made a lot of my friends make alarmingly different choices in the past.

'Most of my holiday romances have been strange,' laughs Faye. 'There was the German who spoke no English but shaved his armpits, which I found oddly attractive, a boring bloke in New Zealand with chest hair in the shape of a heart, and a promiscuous Club 18-30's rep in Crete, who I actually met up with in the UK. What was I thinking?'

But not having to think too seriously is part of the appeal, according to Jess. 'There are fewer expectations about the future of the relationship, which helps people to have fun without worrying about the implications. Ironically, this can build a deeper bond because we tend to be more focused on getting to know each other.'

Despite that initial brain bomb about marriage, Dave and I weren't thinking about where the relationship was



in my experience



Fun in the sun with Daphne, our daughter

Jess. 'The majority don't go anywhere, but if you have strong chemistry, it could turn into more and that "maybe" can be intoxicating.'

VALUABLE LESSONS

When Rebecca met a Turkish waiter on holiday, when she was just 19, and told her friends and family back home that she was in love with him, they rolled their eyes and told her to be careful. 'I was disappointed at their response because I could feel the connection with Ali was real,' she says.

Turns out, Rebecca and Ali *did* have a strong connection and were both so committed to making it work that they eventually got married and now, 20 years on, have two teenage kids and run a successful restaurant in Bodrum.

But even when they don't go anywhere, holiday romances can teach us valuable lessons, allow us to connect with a

different part of ourselves and, ultimately, make a good story to share when we get home.

I learnt to trust my gut instinct, and when it told me to put all my eggs in one basket and hold out for the connection I'd found in a holiday

fling, it couldn't have been more right.

And I've certainly revelled in telling people 'the story'. I even printed out every single email (approximately 700 of them) and had them bound in a book for Dave as a wedding present – a book that now sits gathering dust, but might one day be a nice story for our daughter, Daphne, to read.

'I learnt to trust my gut instinct, and it was right'

heading because there was no relationship. We said goodbye in a car park and he flew home to his job and I travelled on to Australia, Southeast Asia and India.

But somehow we emailed each other every day for the 10 months until I returned to the UK.

I remember getting to Christmas in Sydney, six months after we'd met, and thinking that I didn't want to see anyone else until I returned home in May, but also thinking how mad it was that I was basing that on five days and, at the time, 300-odd emails.

'Whether your holiday romance has longevity or not depends on the strength of your connection and your commitment to making it work,' says

HOW TO STAY HAPPY, HEALTHY AND SAFE

Be extra vigilant

The same safety rules for dating apply to holiday romances, but it's important to remain extra vigilant when you're in a new place and don't know the area as well. Before agreeing to meet someone, do your research to make sure that you are familiar with the local laws and customs, meet in a public place and let people know your specific plans and timings.

Trust your gut instincts

Remember to trust your intuition and don't feel pressured into doing anything that makes you uncomfortable. Being on holiday can give us a sense of liberation and bravery – but don't ever do anything you don't feel comfortable with.

Charge your phone

Before meeting up with someone, make sure your phone is fully charged – a portable charger is a handy bit of holiday kit – and ensure that you always have access to a means of communication.

Be clear about what you want

In terms of the emotional side, have honest discussions about your expectations and what you're looking for. Whether it's just a fling you're after or something with more longevity, making that clear could help prevent misunderstandings and hurt feelings on both sides. Communication is a foundational aspect of any healthy relationship, and this is even more important when it comes to the unique circumstances involved in holiday romances.

Find your CHEERLEADER

If you're looking to live a happier, more meaningful existence, then a life coach could steer you in the right direction

Life has a habit of pushing our dreams and desires aside, leaving many of us feeling unfulfilled. But what if you had someone in your corner, guiding you to find your authentic self and unlock your potential?

'A life coach is a person who believes in you, passes zero judgement and shines a light on your talents and gifts,' says certified transformational coach Rochelle Knowles, founder of mindful-eyes.com. 'They teach you how to release suppressed emotions, change your mindset into a more positive one, build self-belief, and support, encourage and motivate you to make healthier choices for your best self.'

From getting a promotion to improving your relationships, building confidence to drinking less, a coach can help you to overcome the obstacles that are holding you back. 'It's time away from all the noise of your life to think about you, your plans, goals and dreams, and to put those into action,' says business coach Jenny Holliday, founder of [Freelance Feels](http://FreelanceFeels.com).

Here's what a life coach could do for you.

Happier relationships

Starting again after separation or divorce, wanting to meet someone new,

and dealing with rejection are just some of the reasons people might consult a life coach to help with their personal lives, says life and career coach Glynis Kozma.

'A client might have a habit of choosing the wrong partner and need help to analyse why. Or they might want to leave a relationship that isn't working and need help with the practical steps as well as support through the emotional side,' she says.

'As a coach, I'll ask questions to help them understand their own behaviour and create a series of steps to move forward – this could

'We explore what's holding them back'

be joining a drama group to meet people or making a solicitor's appointment to discuss divorce. If they haven't achieved what they set out to do, I'll help them explore what's holding them back and what they can do to overcome it.'

And that's not all. 'Helping people to manage dysfunctional family relationships is a big one,' adds Rochelle. 'A coach can help you set healthy boundaries, manage relationships with people who won't change and guide you through the process of reparenting your inner child – giving yourself the love, acceptance and compassion you possibly didn't receive as a child.'

Success at work

'Often, people come to me because they are stuck in a rut with work. They'll say, "I need help!" or "I'm not sure where to go next". A key issue tends to be confidence. Some might want to expand their business, while others might want to

explore a change of direction,' says Jenny.

'I help people see what's in their way – which we call blocks – and to make plans that work for them, which could be anything from

finding new clients to launching on social media.

The client-focused nature of coaching means that the client has ownership of the decisions, which gives them a huge confidence boost, and allows them to make decisions in the future more easily. They can then take that confidence into different areas of their work and thrive, which is a joy to see.'

Boost confidence and self-esteem

Is your inner critic holding you back? 'People come to me saying things like "I can't say no", "I never feel good enough" and "My friends are doing so much better than me",' says Rochelle. 'I guide clients to uncover the

WHAT'S THE COST?
It varies considerably depending on their experience, certification and speciality, with rates ranging from £30-£150 per session. Visit lifecoach-directory.org.uk for more information.

'A life coach can shine a light on your talents'

underlying issues, by exploring past experiences, limiting beliefs and/or negative thought patterns. Many coaches use cognitive restructuring to help clients improve their state of mind, coaching them to observe their thoughts and challenge them to become more realistic and, therefore, more useful,' she says. 'We also teach coping strategies, such as mindfulness exercises, for managing self-doubt.'

Better health and wellbeing

Do you want to get fitter, eat more healthily, drink less or reduce stress? 'I coach clients on how to break bad habits to reach their goals,' says

ON A BUDGET?

Get a massive dose of motivation with these bite-size alternatives to a personal life coach...

+ BOOK

Good Vibes, Good Life by Vex King (£10.99, Hay House)

+ PODCAST

The Daily Boost with Scott Smith (motivationtomove.com)

+ AUDIOBOOK

Getting Damn Good at Life by Andrea Owen (2023, Sounds True), via Audible, free with a 30-day trial or £7.99 monthly subscription.

Rochelle. First, she helps people to identify why they want to break a habit, how it's holding them back and what their life would look like without it. 'Then, we start small, creating simple actions and celebrating each success. I'm there to act as an accountability buddy, which helps to build momentum and create lasting changes.'

And a coach may even be able to help with your mental wellbeing, too. 'Life coaches also typically incorporate mindfulness tools – breath-work, meditation, visualisation and journaling – which have been scientifically proven to reduce symptoms of depression, anxiety and improve emotional regulation and increase feelings of wellbeing.'

Up, up & away!

Things flagging in the bedroom? Most men struggle with erections to some degree as they get older, but it's not all downhill from here – here's where to get help

If your man is struggling to get or keep an erection, it needn't be the death knell for your sex life. 'It's a very common problem,' says consultant urologist and andrologist Professor

Suks Minhas, from men's sexual health clinic London Andrology. 'At some stage in their lives, most men will face a degree of erectile difficulty or some form of sexual dysfunction.'

The older he gets, the more likely it becomes. 'It increases from about 30% of men at 30 years of age, to 50% by 50 years and much higher – around 70-80% – in the 70s and 80s,' explains Professor Minhas.

While these statistics sound alarming, there is good news – lots can be done to treat erectile dysfunction. What's important is that you and your partner don't ignore it as this could potentially create more problems in the future.

FACT OF LIFE

Also known as impotence, the correct medical term for this condition is erectile dysfunction (ED). The reasons for ED are many and varied, but ageing plays a part. 'Testosterone levels start to fall around the age of 40, which can

affect erections,' says Professor Minhas. Other culprits include furring of the arteries and cardiovascular disease, plus conditions such as diabetes, high cholesterol and blood pressure. 'They affect the mobility and the muscle of the penis,' he explains.

Further reasons include medical treatment (surgery, chemotherapy and radiotherapy), medication (such as beta blockers and antidepressants) and lifestyle.

Psychological issues can have an effect, too, including stress, anxiety, depression and negative sexual experiences. As a main cause, these are more common in younger men, explains Professor Minhas, but they can often be a secondary cause for older men as well. 'Not being able to get an erection (due to a physical reason) may have an impact on self-esteem,' he says. It's a vicious cycle – worrying about not getting hard makes it less likely.

DON'T AVOID THE ISSUE

'ED can be a barometer of general health,' explains Professor Minhas, which is why it's important that your partner gets assessed promptly. 'It may be an early warning sign of other

problems, for example, about 70% of diabetics have some degree of erectile dysfunction.' Not only is it unwise not to look into its cause further – in case another condition needs treating – ED can also trigger relationship woes. The man might be embarrassed and start avoiding intimacy with his partner – classic tactics include going to bed later and not initiating sex. When this happens, their partner may think that they're no longer desired or that he's getting sex elsewhere. If you feel like you're at this point it's time for an open





relationships

discussion. If you feel you need professional advice, see our box on relationships on the following page.

TIME TO TALK

If you suspect that your man has a problem, try talking to him – sympathetically – and suggest a visit to the GP. ‘I hesitate to be telling partners to have empathy,’ says Professor Minhas, ‘but support from them can be extremely helpful.’ Despite this, it’s almost unheard of for a female partner to accompany her man to the clinic, he says. ‘In all my years I can probably count on one hand the times I’ve seen that happen.’

But accompanying your partner to an appointment can be useful diagnostically. ‘You can get an idea of what’s happening in the relationship,’ says Professor Minhas, ‘and it’s useful to help manage expectations.’ This applies to both sides. ‘There may be an age difference in the partnership, for example, and differing expectations about the amount of sex.’

What’s clear is that it helps to talk. Frustrating as it may be, focusing on your partner can give them the confidence they may be lacking. Gently suggest he loses weight if he needs to, exercise with him, eat healthy dinners and encourage him not to smoke or drink too much. All of these can make a difference to his erections. >>

13%

of men say that being overweight is the main cause of their erection problems*

CHECK HIS HEALTH

Erectile dysfunction can be caused by a number of health conditions – including the following – so it's always worth asking your partner to get a full health check.

- + Depression and/or anxiety
- + Diabetes
- + Heart disease
- + Kidney disease
- + Obesity
- + Multiple sclerosis
- + Prostate problems
- + Certain cancers and/or treatment for them

DOES YOUR RELATIONSHIP NEED A LIFT?

Relationship worries can contribute to erectile dysfunction. If you think this may be the case, then sex therapy or relationship counselling can be effective.

These organisations offer advice and support, and will help you find a professional.

- + College of Sexual and Relationship Therapists (cosrt.org.uk)
- + Institute of Psychosexual Medicine (ipm.org.uk)
- + Relate (relate.org.uk)

If you believe stress, anxiety or depression is the cause, your partner could benefit from one-on-one therapy. Visit the British Association for Counselling and Psychotherapy website (bacp.co.uk) for a list of mental health professionals in your area.

REGAIN CONTROL

To help improve erectile dysfunction, the NHS suggests men...

- + Eat a healthy diet, rich in wholegrains and lean protein and very low in processed and refined foods
- + Exercise regularly

IS YOUR PARTNER A KEEN CYCLIST?

One Norwegian study** found that 13% of men who underwent a long-distance bike tour developed erectile dysfunction that lasted a week or more.

- + Lose weight (if needed)
- + Reduce stress and anxiety levels

- + Stick to the recommended 14 units or less of alcohol a week
- + Stop smoking
- + Take a break from cycling (if cycling for three hours or more a week)

GET TREATED

We've all heard of the little blue pills called Viagra (the brand name of the generic drug sildenafil), but there's a range of medication available, including avanafil, tadalafil and vardenafil. Testosterone may also help. But drug treatments may not work for men with underlying problems, such as furring of the arteries, diabetes or

those who have undergone surgeries. 'There may be nerve or blood damage to the penis,' explains Professor Minhas. Then specialised creams, injections, vacuum/suction devices or a ring at the base of the penis may help. Surgery, including penile implants, may be available. Psychological issues can respond to counselling and cognitive behavioural therapy (CBT), and your GP may recommend sex therapy.

More experimental treatments include shock-wave therapy, to improve blood flow, and PRP (platelet-rich plasma) injections, which use the patient's own blood cells to stimulate tissue and blood vessel repair. 'These are not freely available and are very expensive,' says Professor Minhas. 'It's not something I would be advocating.'





36%

of men say erectile dysfunction has affected their confidence and self-esteem***

PROBLEMS WORTH KNOWING ABOUT

There are many conditions that could be having an effect on your partner...

+ EJACULATION PROBLEMS

Ejaculation can be delayed, premature or retrograde (meaning he produces little or no semen). While common, it's worth talking to a GP if it continues.

+ BALANITIS

Seen more often in men who haven't been circumcised, balanitis causes a sore, itchy, red or inflamed penis tip and foreskin. Good hygiene can help men avoid this, but if it does develop see a pharmacist or GP.

+ LICHEN SCLEROSUS

Affecting males and females, this skin condition tends to be found on the genitals. Symptoms in males include white patches on the skin, blood blisters, itchiness and painful sex. There is no cure as such, but symptoms can be eased with steroid cream.

+ PENILE CANCER

This is rare, affecting around 700 men a year in the UK. Symptoms include sores or skin changes on the penis, a lump underneath the foreskin, discharge or blood.

+ PRIAPISM

A painful erection that won't go down. While uncommon, it needs prompt treatment. If your partner's erection lasts for more than two hours he should go to A&E.

+ THRUSH

Often seen as a women's issue, men can also get thrush on their penis. It's itchy and uncomfortable but largely harmless and can be treated with over-the-counter medication.

INSTANT CALM, BETTER LIBIDO

Slowly inhaling and exhaling will calm the nervous system, lower the heart rate and lead to less tension in the bedroom. Try this NHS-recommended breathing exercise:

- 1 Lie on your back, arms away from the sides, palms facing up.
- 2 Breathe deeply through the nose, counting steadily from one to five.
- 3 Without pausing, breathe out gently through the mouth, counting to five again. Repeat for three to five minutes.

BREAK THE TABOO

Viagra is now easily accessible, which has reduced the stigma around ED, but 'Men may take it without thinking about what else is going on,' says Professor Minhas. Your partner should discuss health problems or medication with the pharmacist before taking the pills.

Online consultations – such as Asda Pharmacy's online doctor service – have also helped. 'It's completely natural to feel worried about talking to someone about a health concern, especially if it's something personal,' says pharmacist Maq Din. 'More often than not it's something we can easily fix and health professionals have seen it all before, so there is really no need to ever feel embarrassed.'



Got yourself a **COPYCAT?**

Is someone trying to be just like you? Rose Goodman explores why this doesn't always feel like a compliment

When I was 16, I got pink streaks in my hair. Seeing that Amy – the ‘popular’ girl at school

– had the same hairdo only a few days later, I felt an overwhelming sense of validation and pride.

This meant I was cool, right? After all, imitation is the best form of flattery. But fast-forward 20 years and I’ve developed an aversion to being copied – as a grown woman, it now just feels awkward.

So I might shrug it off if a colleague bought the same shoes as me, or I’d grin and bear it if a friend started wearing my perfume. But, recently, when my creative ideas began being copied, I felt like a line had been crossed. I wasn’t flattered, I was annoyed. And, according to experts, this negative reaction is common.

Psychologist Dr Alison McClymont* says irritation at being copied comes from feeling like our sense of self is being disturbed and that our identity is challenged. Why does this make us resentful, and what’s the best way to manage uncomfortable feelings when being imitated? If you too have a copycat, here’s the low-down – with tips on how to deal with it.

When twinning isn’t winning

We’re all guilty of occasionally copying people we admire, but if someone is repeatedly imitating your style it’s likely they’re feeling insecure. ‘They might be struggling with a lack of sense of self,’ says Dr McClymont. Copying might not be done with malice – it’s how we perceive it that causes difficulties.

Imitation is rooted in envy, but we tend to fear this as we worry it might grow into jealousy, says Dr McClymont. ‘Both of these emotional states come from different intentions.’ Envy is often the harmless wish to feel ‘more like’ someone in order to increase self-esteem – lacking the destructive nature of jealousy. Rather than being unnerved by a copycat’s behaviour, it’s more helpful to view them with compassion.

Feeling challenged

Whether your individuality is having a unique dress sense or an eclectic taste in music, your own sense of self may feel challenged if someone tries to copy it. ‘Our forms of expression feel very personal to us so when that’s

being imitated, we might think someone is attempting to “become us”, which feels threatening,’ says Dr McClymont. ‘As individuality is viewed as “independence” “creativity” and “confidence”, being copied carries fear that we will be seen as generic or less special.’ To avoid that, work on strengthening your identity by staying true to yourself.

Outgrowing admiration

It can feel especially validating to be copied as a child (who hasn’t seen a group of teenagers wearing the exact same thing) but that urge to be similar lessens with age. ‘We’re more vulnerable when we are young, meaning there’s more of a desire to be accepted by our peers,’ says clinical psychologist Dr Marianne Trent.** ‘As we grow older, become comfortable in our own skin and carve out our individuality, we find that being “the same” as others can make us feel stifled.’ Our ideas and creativity can be key to progressing in our careers when we’re older, too, so it’s natural that our stability and success may feel at risk.

5 WAYS TO HANDLE AN IDENTITY THIEF

Is your copycat getting you down? Follow these tips to avoid being derailed by their actions

1 TAP INTO YOUR EMOTIONS

Feeling angry at being copied? ‘It can be helpful to tap into what primary emotion you’re feeling that’s then being shown as anger,’ says Dr Trent. For example, do you feel used or threatened? Create a timeline of incidents, tracking your feelings. This can help you decide how to move forward.

2 CREATE BOUNDARIES

Protecting yourself and your space is key. ‘This could include blocking someone on social media or keeping ideas close to your chest, so that the opportunity to copy is

removed,’ says Dr McClymont. Don’t feel you have to share everything with everybody.

3 CLEAR THE AIR

‘Having an open conversation with the person can help you understand why they are copying you and the steps to take,’ says Dr McClymont. However, it’s best to do this when you’re calm. Sit down over a cuppa and assert how you feel, while also listening to their reasons in a non-judgmental way.

4 REFRAME IT

Remember that someone may be copying you because they admire you. ‘Own your style and

personality, and feel confident about it to reduce feelings of annoyance,’ says Dr McClymont. Instead of ‘I’m getting fed up with her stealing my ideas,’ try, ‘it means I’m interesting and creative’. This can be a powerful tool, rather than letting yourself be consumed by negativity.

5 SEEK SUPPORT

Is being copied causing your mood to dip? ‘If you feel that your experiences are having an affect on your mental health, you may find it helpful to access professional support,’ says Dr Trent. Speak to your GP for a NHS therapy referral, or find a private therapist in your local area by visiting psychotherapy.org.uk.

How to win AT LIFE

We all trip up – it's how you react that matters

If you respond to failure by getting upset and giving up, you're missing out on vital lessons and motivating forces. Practise a more positive approach, and you may well get further in life. Take our test and find out if you need to up your losing game.

1 YOUR IDEA FOR A WORK PARTY WAS VETOED. HOW DO YOU REACT?

- A Never mind, it'll still be fun.
- B Refuse to attend what has been chosen.
- C Get embarrassed and wish you'd not said anything.
- D Pretend that it never happened.

2 A COLLEAGUE GOT THE PROMOTION YOU'D WORKED FOR ALL YEAR, YOU...

- A Promise yourself that you will get it next time.
- B Demand a meeting with your boss asking why.
- C Cry – you had worked really hard for it.
- D Never mention it again, ever.

3 YOU DON'T FIT INTO THE JEANS YOU BOUGHT LAST YEAR, HOW DO YOU REACT?

- A Use it as an incentive to eat healthily.
- B Tell yourself you'll have to go on a crash diet.
- C Eat to make yourself feel better.
- D Throw them out straight away.

4 THERE'S A MISTAKE IN A CRAFT GIFT YOU'RE MAKING FOR A FRIEND. WHAT DO YOU DO?

- A Bin it and start again.
- B Talk constantly about the mistake and get angry.
- C Feel mortified and apologise to your friend in advance.
- D Think 'does it really matter?'

5 THE WAITER FAILED TO BRING THE CORRECT MEAL THAT YOU ORDERED, YOU...

- A Aren't fussed, you wanted to try this dish anyway!
- B Demand to see the manager.
- C Think it must have been your fault.
- D Don't say anything.



HOW DID YOU SCORE?

Mostly As

FIND MOTIVATION

Failure is your motivator – you try very hard not to let yourself fail, but if you do, you use it as an incentive to spur you on. You live by the saying 'life is a marathon, not a sprint' and you know that you have far to go, so a slip up or two is natural. Keep it up, it's a healthy way to cope.

Mostly Bs

GET ANGRY

Even the word 'failure' fills you with anger, and you see it as a dirty word. When you fail, you get angry and punish yourself or those around you, which isn't healthy. Anger is a natural, human reaction but you need to choose your battles. Take a deep breath and move on.

Mostly Cs

FEEL USELESS

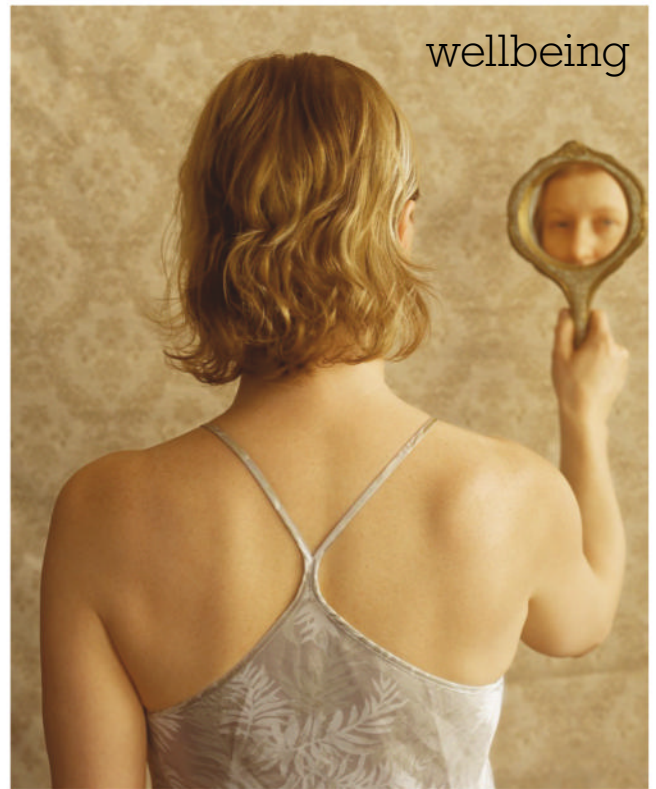
When you don't succeed, instead of trying again (as the saying goes), you tend to give up and this will often make you very upset. You tell yourself that you're useless, and get emotional. Next time it happens, try your best to be stronger – and remember that nobody is perfect.

Mostly Ds

FAILURE – WHO, ME?

You tend to ignore any signs of failure and try not to react when you don't succeed at something. Is it because you are scared of your reaction? You're saturating the feeling of failure and letting it pile up instead of addressing it. It is hard, and sometimes hurts, but it will be a relief when you can reach acceptance.

Silence YOUR INNER CRITIC



Is the voice in your head leaving you anxious? Here's how to turn the volume down and use negative self-talk to your advantage

Familiar with the voice inside your head telling you that you're not worthy of things you want, that your achievements aren't quite good enough? Welcome to the club. 'Unfortunately, women tend to be well-used to their inner self-critic,' says confidence and mindset coach Georgie Clarke*. 'Evolutionarily, our inner critic is there to save us from embarrassing situations, stop us from failing and prevent repeated mistakes. But this voice of nagging self-doubt can become loud, hold us back and leave us feeling anxious.' Here's how you can dial down the volume on that negative voice.

BAD FOR YOUR HEALTH

A loud inner critic can manifest in symptoms such as anxiety, sleep disorders and addiction, says Georgie. 'All of these things can impact how we are at work, home and interact with our children, partners and the wider world. It can lead to imposter syndrome, not speaking or sharing ideas, mum guilt and trying to be a people pleaser.'

RECOGNISE YOUR INTERNAL NEGATIVE VOICE

If three or more of these statements resonate with you, your inner critic may be holding you back.

I rarely go for a job or promotion as I'm not good enough

I got that promotion / praise from my boss by sheer luck

I'm not as funny, successful or attractive as the other people I know

I never do anything right

Everything is always my fault

I don't really deserve the good things that happen to me

I should have done things differently

CHANGE YOUR CHATTER

Try to introduce a new style of communication with yourself to keep negative self-talk quiet. Georgie says: **+** **Become aware of your thoughts** Understand that your critical thoughts are not fact, and often biased.

+ **Create a persona** When it pops up, visualise it as a funny character. This brings humour to the thought, making it easier to remain detached and take less seriously.

+ **Rephrase what it's telling you** If you hear it saying; 'She's so much better at X than me', try changing the thought to; 'She's good at X, but my strengths lie in X, X and X.'


+ **Practice being an objective witness to your thoughts**

Try to acknowledge them and allow them to flow in and out like a wave, without attaching yourself to them.

+ **Try to have compassion and understanding for these thoughts**

Listen to your inner critic as you would a friend. Hear what it has to say and what might be behind the words. By doing this, your inner voice shifts from an abusive intruder to an empowering ally.

LUXURY *by the sea*



Porto Petro, on the south-east coast of Mallorca, offers sandy beaches, a marina and a brand new all-inclusive hotel

Head to the coast and bag a stay at the newly opened Ikos Porto Petro on the south-east coast of Mallorca by Mondrago National Park, and just a short walk from the picturesque Porto Petro Marina, where you can admire bobbing yachts. The hotel itself is set right on the beach and with more than 320 days of sun a year on Spain's Sunshine Coast, you can't ask for a better location. Whether you're sitting at the beach bar, looking out from your hotel terrace or lounging on the sand, you're always

aware you're by the sea. It's the ultimate relaxing stay!

Despite the hotel boasting over 300 rooms and suites, the hotel oozes intimacy. From the staff who greet you on arrival with a welcoming smile and the promise of something cool, to the landscaped gardens, palm-fringed pools and cosy soft furnishings in the rooms, there's a relaxed and easy atmosphere all round.

SUITE LIFE

The bedrooms are chic and spacious. You'll be welcomed by neutral colours

with sandstone tiles and light grey furnishings, as well as huge bathrooms with rainfall showers and standalone baths. If you're travelling with a family, their one-bedroom suites allow children to sleep in a separate area to the parents for an extra slice of luxury. Depending on the room you go for, you'll either have access to a private balcony, gardens or your very own private pool.

FOODIE HEAVEN

There's no all-inclusive, sub-standard buffet here. Take your pick from menus



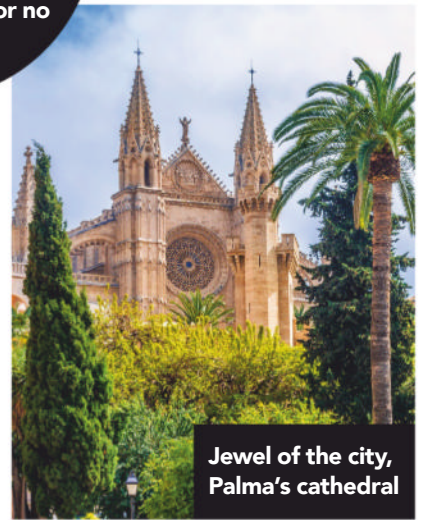


TOP TIP
If you love to get out of the hotel and explore local eateries, you can use the Ikos Dine Out Service and dine at specially selected local restaurants for no extra cost.

designed by Michelin-starred chefs at five à la carte restaurants, or head to the Food Hall, which offers easy breakfasts and relaxed à la carte lunch and dinners. Each restaurant will take you on a gastronomic journey across Europe and beyond. Fresco plates up authentic Italian fare for breakfast, lunch and dinner, while Anaya serves up exquisite dishes from China, Thailand and India.

ENJOY THE WATER

Dotted around the grounds are five gorgeous pools. For uninterrupted sunbathing time by the water, parents can take advantage of the 30 minutes free poolside childcare. Or if you prefer the beach, head down to one of two secluded sandy coves where you'll find white soft sand and gentle waters – don't fear, there's bar and lounge service here too.



Jewel of the city, Palma's cathedral

HIGH-SPEC SPA

What could make an all-inclusive getaway even better? A gorgeous spa, of course. Treatments and therapies are available for both women and men. You can get anything you fancy from facials, massages, scrubs and detoxifying treatments. All are matched to your specific requirements and skincare needs, making it a hugely personalised experience. Don't forget to check out the thermal suite, complete with relaxing steam bath and sauna – the ultimate relaxation. And if fitness is your thing, you'll be spoilt with the impressive studio gym.

ENTERTAINMENT

Take to the water on a canoe, jump on a bike, battle it out on the tennis courts or join a fitness class – there's a lot to keep you happy and healthy at Ikos, and a lot of it is included at no extra cost. In the evenings, you can enjoy everything from live music and theatre to movies and exclusive parties. There's also fabulous live music most nights playing everything from laid-back jazz to modern tunes. Musicals, children's shows and movies complete the line-up to keep the kids entertained. Prefer a quiet drink? Head to one of five inviting bars where, depending on your mood, you can find expertly mixed cocktails on the beach or a tasty aperitif in more sophisticated surroundings.

TO THE CAPITAL

Palma, Mallorca's gorgeous capital, is 39-miles north-west (approx one hour's journey time) – this glamorous city is home to a Moorish cathedral, endless art galleries and shops for all budgets.

BOOK IT

+ Rooms at Ikos Porto Petro start from €662 per night for a Superior Double Room on an all-inclusive basis. For more information or to book, call 0808 111 0131 or visit ikosresorts.com

KIDS' CLUB

There are organised activities and events here for children aged four



WORDS: HELENA CARTWRIGHT. PHOTO: GETTY. PRICES CORRECT AT TIME OF WRITING BUT SUBJECT TO CHANGE SO ALWAYS CHECK



6 of the best... UK SPA BREAKS

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BEAUTIFUL VIEWS

RAGDALE HALL, LEICESTERSHIRE

From the moment you arrive and slip on your fluffy white robe (you're free to wear this attire all day – even to the formal dining room), you feel the world outside fade away. Inside it is the perfect mix of traditional and modern. The Hall retains a wonderfully informal country house feel complete with comfy lounges and wood panelling, while the welcome addition of the contemporary art deco-style Twilight cocktail bar is perfect for a few stylish drinks before and after dinner. The beauty of this spa is that you can fill your days doing as little or as much as you like, whether that's curling up with a book, indulging in a full body massage, or taking a yoga class. There's even a rooftop infinity pool (main image, above), where you can relish the view over the beautiful Leicestershire countryside.

Day spa experiences from £167;
ragdalehall.co.uk



HISTORICAL CHARM

SPA AT BEDFORD LODGE, SUFFOLK

Situated just outside of Newmarket, this oasis of calm and tranquillity was once a Georgian hunting lodge. Converted into a hotel in the 1940s, it retains its country house charm while offering the very best in high-end comfort. It has 80 luxury bedrooms, including six executive suites and 23 super king-sized rooms with a separate bath and shower. The spa

offers a treatment menu ranging from massage and facials to reflexology and manicures. There's also a hydrotherapy pool with five water experiences, sauna, steam room and outdoor rooftop hot tub. Refuel at the award-winning Squires Restaurant, with its focus on the finest locally sourced seasonal ingredients.

Taste of Summer Spa Break: £195 per person;
bedfordlodgethotelspa.co.uk

FOREST BATHING

THE SPA AT SOUTH LODGE, SUSSEX

Set in the Sussex countryside, The Spa at South Lodge spoils for choice with an infinity pool (below), outdoor vitality pool and a wild swimming spot bejewelled with bright-blue dragon flies. Get closer still to nature, and follow 'forest bathing' expert Helena Skoog into the woods for an immersive experience designed to relieve stress, depression and tension. Lie on your mat and be guided in meditation and breathwork. The package includes a session of qigong, lunch, dinner and breakfast.

Rates for the Nature Immersion Spa Experience from £599 per room for single occupancy; next event is on 21 October; exclusive.co.uk/south-lodge



ARTSY HIDEAWAY

THE SPA AT CARDEN PARK, CHESHIRE

In the time it takes to roll up the drive to the hotel entrance, you've already contemplated several of the 1,000 acres that cocoon this modern retreat (above). With this amount of nature on tap, it's impossible not to relax – whether by teeing-off on one of two championship golf courses, or sinking into a bubbling hot tub in the spa garden (part of a luxury five-star spa complex). For more mindful moments, wander the Sculpture Garden, where a cast of works, curated by *Antiques Roadshow* expert Grant Ford, pose on a manicured lawn. And when you're ready to leave behind the rural peace, you're only 40 minutes from the buzz of Manchester and Liverpool.

Double rooms start from £149 and spa breaks from £180; cardenpark.co.uk

CITY CHIC

THE KIMPTON CHARLOTTE SQUARE, EDINBURGH

Bridgerton, eat your heart out. The Kimpton Charlotte Square (below) comprises seven elegant Georgian townhouses and a moodily-lit subterranean spa – think Bali beach club meets Bond villain's lair. It's easy to lose an hour or three floating from pool to thermal shower to relaxation snug, but tear yourself away to one of its three treatment rooms. With a focus on luxury naturals, The Spa at Charlotte Square offers treatments by Hebridean brand Ishga and CBD specialists La Rue Verte. It's quite simply, one of the best spa hotels in Scotland.

From £120 per person for a spa day experience (60 minutes in the Thermal Experience, a 55-minute treatment or two 25-minute express treatments, and a two-course lunch in BABA); kimptoncharlottesquare.com



INCREDIBLE LUXURY

PENNYHILL PARK, SURREY

Set across 123 acres of Surrey parkland, Pennyhill Park is a beautiful property offering eight pools (including one outdoor), five-star spa experiences and Michelin-star dining. Each of the 124 rooms offers a blend of contemporary and period touches – you're bound to have a good night's sleep. The Spa is a destination on its own, with over 20

thermal and relaxation spaces to discover, along with an incredible menu of treatments, state-of-the-art gym equipment and fitness classes. Nearby attractions include The Savill Garden, Windsor Castle and Windsor Great Park. **Seven room types available, from Traditional Hotel Guestrooms to Exclusive Master Suites. From £335 per room; pennyhillparkhotel.co.uk**

MY FEEL GOOD SECRETS

JANETTE MANRARA

Presenter and former *Strictly* dancer Janette, 39, lives in Cheshire with her husband Aljaž Škorjanec

My exercise regime...

I used to never exercise as I danced all the time. But as soon as I left *Strictly* and danced less, I fell in love with weight training. Women can be scared of it, but for those of us over 35, it's one of the best forms of exercise. You burn fat for longer and develop more muscle tone. I'd do it three times a week and find it quite meditative. I'm pregnant, so I've stepped away from it at the moment, but can't wait to get back.

My workout buddy...

I'm trying to convince Aljaž to work out with me. He likes to work out, but he very much goes into the zone and does his own thing. We just dance together when we can.

My diet...

I have major pregnancy sugar cravings! But in general, I don't watch what I eat, I watch how much I eat. If I wake up and fancy pancakes, I'll have them. But I'll balance it out for the rest of the day and stick to protein and veg.

My beauty regime...

My skincare routine is crucial. I'll take off my make-up, cleanse, tone, use a serum and moisturiser. Before I was pregnant, I'd take collagen shots and really noticed a difference in my skin and hair.

My downtime...

Work is crazy busy, I'm touring and Aljaž and I have released our podcast, *Twist and Shout*. So when I'm not doing those things, I love being at home with Aljaž – on the couch watching something on the telly and just cuddling.



With husband Aljaž: a pregnant Janette has a passion for pancakes



My happy place...

It's when I can have Aljaž and my family all together. They live far away so I don't get to see them often, but the one place we do tend to get together on a yearly basis is Walt Disney World. I love it there!

My ideal date night...

Dressing up and putting on some make-up, going to a restaurant with Aljaž and having an evening eating good food and chatting.

My friendships...

My friends would say that I'm the advice giver, they'll come to me with their problems. I'm very loyal and my friends are too.

My life mantra...

My favourite quote is one by Walt Disney, that says 'All our dreams can come true, if we have the courage to pursue them.' So far, I've been living my dream little by little and my goal is just to keep doing that, staying happy and healthy.

+ **Series 2 of *Twist and Shout*, the Janette and Aljaž podcast, is out now on Acast**



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