

# BEAUTY GET A WINTER GLOW

By ZOE BURN

▶ THE weather's taken a turn for the worse over the last week, so give yourself an early winter warmer with some of these gorgeous autumnal products.

▶ THE summer sun is just a distant memory now, but there's no need to suffer with pasty white skin. A sun-kissed glow will make you look and feel a million dollars, so treat yourself with SoBronze Tinted Self-Tanning Body Lotion, £21.99. Available in light to medium or medium to dark, this unique self-tanner contains a tri-nutrient enriched bronzing blend of antioxidant vitamins A, C and E.

▶ NOT only does it give a radiant glow while conditioning the skin, it has a lovely fresh fragrance – it smells of coconut sun cream when first opened, but settles onto the skin to smell like a very light, fruity bubblegum – a far cry from the overpowering fake tan stink we've become used to. Buy exclusively from [www.supre-europe.net](http://www.supre-europe.net)

▶ ADD a touch of warm spice with a touch of ginger. Elemis recently launched its Exotic Lime & Ginger Bodycare collection, huge 300ml bottles of Hand & Body Wash £18 and Hand & Body Lotion £24.

▶ CREATED with a heady concoction of citrus, lime, vetiva and petitgrain and of course, ginger, these two work well either together or as separates, and are both refreshing and comforting, while guaranteed to leave your skin looking and feeling its best.

▶ As an extra bonus, from October 15-31, anyone buying two Elemis products from John Lewis will receive a free make-up bag.

▶ OR for a spicier ginger twist, try Origins Ginger Souffle Whipped Body Cream 200ml £21.

▶ This is a thick yet light, creamy lotion with a deep fragrance with undertones of cloves which remains on the skin for hours. This is the perfect pick-me-up for tired and dreary skin.

▶ FOR a fragrance with a warmth and a bit of sunshine, try L'occitane's Ruban d'Orange, 100ml £34.

▶ Sweet without being sickly, this is ideal for autumn as it's neither a summer nor a winter scent. Rich in natural essential oils of citrus fruits from the Mediterranean, this is a fragrance that revitalises and comforts.

▶ AND don't scrimp on the make-up. There are some fantastic browns and golds kicking around which reflect the changing colours of the leaves.

▶ ESTEE Lauder's new limited edition Signature Eyeshadow Quad in Gold Opulence, £29, is perfect for dark and smoky sophistication with vibrant gold and brown tones.

▶ ALL four shades complement each other, and can be built up or left soft for a subtle seductive look. It is packaged in a golden compact with dual ended applicators.

▶ BOBBI BROWN has just launched its new limited edition Earth Metal Lip & Eye Palette. At £48, this features six shimmering brown eyeshadows, four dreamy lip colours, mini eyeshadow brush and a mini lip brush. As part of the new Chrome collection, this comes in a chrome palette, and is every girl's dream.

▶ HOT THIS WEEK: Follow the lead of Peter Andre, Amir Khan and JLS who are fans of Taer Icelandic's Glacier Bath Oil. Not just a relaxing treat of therapeutic essential oils, it can also be used as a massage oil, and helps ease headaches. Fast becoming a must-have product for celebs, it costs £35 from [www.taer.com](http://www.taer.com)

# It's eau-ll about finding balance

LIFE ON  
SUNDAY  
BODYZONE

**DRINKING eight glasses of water a day is a golden rule of health, but did you realise that there is an optimum pH balance for our body fluids? MIEKA SMILES reports . . .**

**FOR many of us, getting our five-a-day and enough water into our bodies is challenge enough.**

So the suggestion that we should try to maintain an acid/alkaline balance in our body fluids could seem a step too far for some.

But Roddy MacDonald, managing director of Water for Health, reckons it's worth the effort.

He was so impressed with the difference that good hydration and proper balance of acid/alkaline in the body can make that he set up Water for Health, which specialises in retailing products that he believes will help the nation to improve or maintain good health.

According to Roddy, modern diets, lifestyles, stress and environmental pollution lead to a build up of excess acidity in the body tissues that can lead to serious health problems.

He believes that drinking alkaline water - and preferably increasing the alkaline foods in the diet - will make a real difference to your sense of wellbeing.

Water for Health's products contain alkaline water that Roddy claims have a high antioxidant content.

Roddy explains: "Alkaline water has been used for many years by Japanese, Korean and other Oriental nations, to help to them keep healthy and fight degenerative disease.

"Drinking alkaline water helps to neutralise acidity, flushing toxins out of the body and counteracting the damage caused by harmful free radicals. It is probably the simplest thing you can do to improve your health."

Janey-Lee Grace, the author of "Imperfectly Natural Woman" agrees that striking the balance can help: "Hydrating yourself with alkalised and ionized water is a foundation to restoring your body to its prime pH balance.

"We all lead such stressful lives and, together with acid-forming foods and drinks, we are heading for a disaster.

"An easy step is to invest in your health with an alkalising and ionizing water filter. Not only does the water taste better than ever, but you avoid filling landfills with plastic bottles."



## Alkalising tips

- DRINK pure alkaline water: a simple way to alkalise your water is with a dash of baking soda. Avoid: coffee, black tea and fizzy pop.
- EAT celery: this is one of the most alkaline foods you can eat.
- EAT green salads: some greens that have the highest water content are: cucumbers, lettuce, tomatoes, celery, broccoli, cabbage, spinach, cauliflower, carrots, and onions.
- SWITCH from cow's milk, to almond, soy, or rice milk. Cow's milk has shown to produce an abundance of mucous in the human body.
- AVOID artificial sweeteners: not only are these acidic, they also have other detrimental effects on the nervous system.
- EAT a grapefruit in the morning: Grapefruit, like lemons, is alkalising when ingested.

Roddy was led to set up his business after reading *The pH Miracle* by Dr Robert Young, applying its principles and experiencing an improvement in his own health.

He came across the Korean water system company, Alkalark, while attending an industry exhibition in Amsterdam and took the step to leave his environmental services career to set up a company specialising in helping people to improve their health with alkaline water products.

As well as a range of alkaline water products, Water for Health also offers a range of books and

DVDs about the benefits of an alkaline diet and pH balance.

For more information visit [www.water-for-health.co.uk](http://www.water-for-health.co.uk)

\* Janey-Lee Grace is the bestselling author of "Imperfectly Natural Woman" as well as "Imperfectly Baby and Toddler" and "Imperfectly Natural Home". Janey co-presents with Steve Wright on Radio 2 on Tuesday, Wednesday and Thursday. Janey believes in having a passion for leading a natural lifestyle without beating yourself up. Her website is [www.imperfectlynatural.com](http://www.imperfectlynatural.com)

# BEST FOR BEATING BLOAT



REMEDY: Nicki Chapman.

TV presenter Nicki Chapman, who's appeared on programmes including *City Hospital*, *Escape To The Sun* and *Castles In The Country*, has had to overcome a longstanding health problem since embarking on her screen career.

Nicki said: "I've suffered from bloating since my mid-twenties and it can be a complete nightmare. "When I was younger I wasn't so bothered about it, but since working on TV I've definitely been more embarrassed by it.

"The camera can put on 10lbs anyway, so I'm more aware of my figure and have dreaded being photographed by the

paparazzi in case the headlines say 'bump or bloat'."

Nicki, 42, who found fame in 2001 as a judge on TV's *Popstars* and *Pop Idol*, finds the symptom is particularly troubling just before her monthly period, during which she's also prone to tears and cramps.

Recently, she's found relief by taking an over-the-counter natural diuretic in capsule form. "It's really helped reduce swelling around my stomach and ankles."

As well as being conscientious about her diet and avoiding tea, coffee or alcohol, she exercises regularly and enjoys horse riding. But she confesses: "My

diet vice is sweets, chocolate and crisps."

Nicki, who's married to Dave Shackleton, vice president of a major record label, maintains a stable wellbeing by keeping a balance between work and relaxing with family and friends, and taking time for reading, walking and gardening.

She added: "I was taught by my parents that one of the most important things in life is to have a job you enjoy."

Her favourite remedies: Nicki takes a natural diuretic for her PMS problems, Good N Natural Dandelion Root Capsules, £6.49 for 100 capsules from Holland & Barrett.