

SpiritualSpa

Natural ways to look great and feel even better



EXPERT tip

Q The backs of my hands are starting to look a bit wrinkly. How can I make them seem younger?

A Our hands show signs of ageing as quickly as our faces – especially in winter, when cold winds leave hands dry and rough. The simplest way to revive skin on the backs of your hands is to exfoliate. This sloughs away the dead skin that stops hand creams sinking in.

MAKE IT



Samantha Burlton, founder of one of the UK's biggest organic health and beauty websites, soorganic.com, suggests this natural hand scrub.

Put 1tsp of salt into your palm, add olive oil, massage all over the hands, then rinse. Simple and effective.



SPA spy The Grinberg Method

Our anonymous insider reports on a hot healing technique that examines the state of our feet for insights into our wellbeing

I had to wait months for an appointment for the Grinberg Method. No wonder – it's gaining serious respect in complementary therapy circles for easing physical and psychological ills. It was devised by the Israeli paramedic Avi Grinberg in the late 1970s as an offshoot of reflexology, but the therapy has been influenced by many other disciplines, such as acupressure, healing bodywork, yoga and even psychotherapy.

The feet are used as a starting point for the treatment, and at the beginning of my session, practitioner Victoria Oldham explained that our feet can reveal traumatic events in our past, as well as health problems. These are indicated by our feet's general condition and any lumps or scars caused by trauma or the general wear and tear of how we walk and stand. According to the Grinberg Method philosophy, physical scars can reflect emotional ones, too. In other words, the foot is like a map of our psychological and physical wellbeing.

Victoria examined my feet and quizzed me about my health – my main concerns were fatigue, insomnia and back pain. She asked about a scar on my ankle, which is the remnant of surgery to correct a bone

deformity 33 years ago, when I was seven years old. Victoria asked if anything else major happened when I was seven, which startled me because my grandmother, who lived in our house, died in her sleep when I was that age. Victoria asked whether I had any brothers and sisters, and how they took it. My most vivid memory of this trauma is my then five-year-old sister shaking my grandmother's dead body, begging her to wake up. Victoria suggested that this memory was causing my current health problems.

Then the lights were dimmed, and Victoria used light pressure on my stomach and chest. It wasn't massage, just firm touch, but she asked me to breathe into those areas. The effect was major. I felt a streak of pressure go across my body – it wasn't painful, but it was uncomfortable. Victoria explained that my body was simply healing itself.

After the hour-long session, I somehow felt as though I had more space in my body. Although I felt quite drained, I also seemed to be lighter, stronger and more energised. And I slept better to boot.

• The Grinberg Method is available at Triyoga, London. For more information, or if you'd like to train in the technique, visit www.grinbergmethodtraining-victoria.com



GIVE ME GREEN HAIR!

Before you reach for the DayGlo dye, we're talking about caring for locks with natural products. Here are our favourites:

WASH IT... ① Daniel Galvin Jnr Organic Hairjuice Shampoo and Conditioner, £3.99 each. With organic apricot and elderflower extracts, these will refresh dull hair and leave it with a glass-like, party-ready shine (danielgalvinjnr.co.uk).

TREAT IT... ② Davines NouNou/Pak Nourishing Repairing Mask, £15.20. Uses natural Mediterranean herbs, flowers and fruits in a recipe inspired by Italian herbalists of the Renaissance. Massage through towel-dry hair; comb, then leave for 10 minutes. Rinse, and the olive butter, cherry and jojoba oils from sustainable sources will repair damage, prevent flyaway hair and add a bouncy shine (0203-301 5449).

MAKE IT... ③ If you fancy making your own hair-glossing mask, grab an avocado, 3tbsp of olive oil, an egg and a banana. Remove and mash the avocado flesh, then whizz in a blender with the other ingredients. Apply however much you need to dry hair and leave for 10 minutes. Shampoo and condition to remove the mask. Brittle, dry hair will get a massive moisture hit.



WE love

NEAL'S YARD REMEDIES INNER HEALTH BEAUTY BOOST, £18.95 (nealsyardremedies.com)

Prepare your skin for the onslaught of New Year partying by taking complexion-boosting supplements. This is Neal's Yard Remedies' first foray into this area, and these capsules are packed with natural extracts, including pine bark, grape seed and vitamin C to slow the signs of ageing and increase collagen production.

Take two a day to help support the structure of your skin, which should stop it heading south.



YOU WANT...

A flawless base

Start the year as you mean to go on – with blemishes and under-eye circles well hidden! We love these natural wonders.

① Bourjois Bio Détox Organic Foundation, \$11.99. With 98.8 per cent of ingredients from natural origins and 21 per cent from organic farming, this foundation is certified by Ecocert and enriched with chlorophyll to oxygenate skin. Goes with a matching concealer such as ② Bourjois Bio Détox Organic Concealer, \$7.99.

③ Une Skin-Matt Foundation, \$11.99, contains a certified organic moisturising formula that includes sweet almond oil to give an even and subtle matt finish. All available from Boots and Superdrug.



3 OF THE BEST...

Anti-ageing serums

The new heroes of skincare, facial serums pack a powerful anti-ageing punch. Use under a face cream for added radiance

1 NUDE ADVANCED CELLULAR RENEWAL SERUM, £68 (nudeskincare.com)

This silicone-free serum is part of the Nude skincare range developed by Bryan Meehan, founder of Fresh & Wild organic food stores. Formulated to work overnight, the white jasmine-scented serum blends Japanese sea kelp and probiotics to repair, firm and restructure skin while you sleep. Potent stuff.



2 REN KEEP YOUNG AND BEAUTIFUL SERUM, £45 (renskincare.com)

From the company that prides itself on 'clean' and environmentally sound products, this nourishing formula – with ingredients that work with the skin and are easily absorbed – does just what it says on the recycled bottle. It keeps skin looking fresh and firm, thanks to natural wheat extract, rice protein and vitamin C.



3 BOOTS BOTANICS MATURE INTENSIVE NOURISHING SERUM, £7.99 (Boots)

With active plant extracts authenticated by the Royal Botanic Gardens in Kew, this silky serum nourishes and evens skin tone. Murumuru butter (from an Amazonian palm) moisturises and softens the skin, while alfalfa extracts brighten skin tone and boost radiance for a youthful appearance.

