



Sole searching

It's said that the eyes are the windows to the soul, but after having a Grinberg treatment at Triyoga Soho, I'm not so sure. Just by examining and touching my feet, Grinberg therapist Victoria Oldham pinpointed deep emotional experiences from my past. Grinberg practitioners believe that the ways in which we physically respond to stress limit our patterns of movement over time, thereby creating discomfort and pain. By studying my feet, Victoria brought ingrained habits to my attention, helping me to recognise the emotional triggers of my physical tension.

Triyoga Soho, 2nd floor, Kingly Court, W1 (020 7483 3344)

COUNT TOTEN

Keep your lucky number close to your chest with a silver necklace, *below*, £83 each, from EC One (020 7713 6185). Everyone has a number associated with their life-path or destiny: if you're unsure of yours, visit Astrology-numerology.com.



spirit

Liz Hancock's guide to your Inner Vogue

PEACE OFFERING

Tap into the beauty benefits of the olive tree with Norma Kamali's Olive You products. Full of replenishing oils, they were created using ancient recipes picked up from the designer's visits to olive groves around the world. From £20, at *Beauty Works West* (020 7221 2248; Beautyworkswest.com)



HANG OUT

Holistic Silk's pretty "Oriental" silk coathanger pouch, £28, *above*, is filled with delicate lavender – a sweet-smelling natural moth repellent. Call 020 8965 0075 for more information.

CLEAN MACHINE Next time you need a taxi, hail a Green Tomato Cars eco-cab. Based in west London, the firm uses the hybrid Toyota Prius car, whose engine is partly battery-powered. The company also plants trees to make up for emissions they do produce. (020 8748 8881; Greentomatocars.com).

SIT ON IT

Form definitely follows function in the design of the Mediterra Meditation Chair. It offers the ultimate support during meditation and yoga, and is made of sustainably sourced wood. £99, from *Vitalia Health* (01628 893366).



A PLACE IN THE SUN

It's time to protect your skin with a natural sunscreen that's free from potentially harmful synthetic chemicals. Choose from a wide selection of products:

- Soleo Organics hypoallergenic Sunscreen SPF30, £15
- Juice Beauty SPF30 Sheer Moisturizer, £25, at Selfridges
- Dr Hauschka Protective Face Cream, £18, at Drhauschka.co.uk
- Living Nature Wild Pansy and Zinc Facial Sunscreen SPF15, £7.50, at Mybeingwell.com
- Korres Sunscreen Emulsion for Children SPF25, £16, at Harrods
- Trevarno Organic Elements SPF15 Protection Balm, £8.50, at Trevarnoskincare.co.uk

