

Body & soul



◆ Beauty director Suzanne Duckett rounds up the latest news, tips and expert advice to help you feel your very best

BEAUTIFUL RECIPES



Floral teas can keep you blooming

I LOVE THE NEW BOOK from Neal's Yard Remedies – Cook, Brew, And Blend Your Own Herbs (£16.99, Dorling Kindersley). The 150 inspirational recipes cover everything from making your own **floral teas** to fridge-fresh **face masks**. First on my DIY herby hit list is a citronella spray to keep mosquitoes at bay: Combine **5tsp lavender flower water**, **3 drops Eucalyptus citriodora** and **2 drops citronella essential oil**. Pour into a sterilised dark glass bottle with a fine mist atomiser. Shake and spritz on exposed skin every two hours. Use within six months.



Sleep is precious for health as well as beauty

SNOOZE SOLUTIONS

ONE IN FIVE OF US GO SHORT OF SLEEP.

Expert Dr Neil Stanley says: 'A good night's rest makes us perkier, can decrease the risk of heart attack, diabetes and strokes, help us fight off minor ailments, deal better with depression and **tackle weight problems**.' Help is at hand, whatever your budget...

FREE! Dr Mark Däppen of Switzerland's Grand Resort Bad Ragaz, one of Europe's top medical spas, offers the following advice: bedrooms must be very quiet, very dark and below 18°C, with no TV, no computer and no visible alarm clock. Avoid heavy meals for dinner, alcohol, and caffeine after 4pm. If you're not asleep within an hour, get up and move into another room until you feel tired, then try again. The two-day Sleep Diagnostics programme costs from £2,270 per person for two nights (www.resortragaz.ch).

£100 Try the Deep Sleep full-body massage, £100 for 95 minutes, at the PH20 spa, Park House Hotel, West Sussex. It features vetivert, an essential oil known to sedate. Book via www.wahanda.com.

UNDER £900 At Fortina Spa Resort, Malta, the Wellness Rejuvenation Rooms have magnetic bedding that claims to relieve aches, pains and stress, encouraging healing deep sleep. From £879 for a week's stay, including flights (www.fortina-sparesort.com). □

Facial spoils

THESE SELF-INDULGENT FACE

TREATMENTS contain organic essential oils renowned for their skin and soul-soothing benefits:

◆ Beauté Chinoise Yin and Yang Facial Oils, Yin 1, £30, 10ml (www.beautechinoise.co.uk) contains Rose, Neroli, Sandalwood and Patchouli to balance dry skin and **relieve anxiety**.

◆ Combining detoxifying and cleansing oils, de Mamiel Spring Facial Oil, £59, 25ml, (www.demamiel.com) aims to **restore and rejuvenate skin** and calm the mind. Expensive, but it's a large bottle and it's gorgeous!

FEEL FRISKY

If your libido could do with a jump-start, try a supplement of the Peruvian herb Maca. 'It's nicknamed the **passion plant**, and is said to boost energy, libido and stamina,' says Margo Marrone of The Organic Pharmacy. Take one 500mg capsule (£15.50 for 60; 020 7351 2232; www.theorganicpharmacy.com) twice a day – you should expect to feel the benefits in a fortnight.