



Bright shades can give you a mood boost

Body & soul



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

FEELING BLUE... OR GREEN OR RED?

Inject some colour into your life to boost your wellbeing. According to author Jules Standish, colour can have a healing effect. Because its vibrations are absorbed through the skin, the eyes and the aura, it has the power to make us feel vital and well. 'If we need energy, wearing red will increase adrenaline,' she says. 'Orange

is a warm colour, so is good for confidence boosting and communicating. Yellow is the colour of the mind, and helps with self-esteem, while green is the physical balancer. Blue is best for calming and relaxing.' As well as wearing colour, you could try incorporating these shades into your living space too, depending on the mood you want to create.

TREATMENT ON TRIAL

Perfect as a pre-party shape-up or seasonal energiser, Clarina's new Tri Active Body treatments are 80 minutes of customised cleansing, exfoliation and massage using the company's super-strength professional products - and one of the best treatments

I've had in years. I felt slimmer, less bloated and totally revitalised after my Body Sculptor session - and the results lasted days. Moisture Quencher and Firming Age Corrector treatments are also available. From £69 and worth every penny. Call 0800 036 2558.

Seeing someone smile gives us a mini-high, recent research has found making us see the world in a more positive light.



Welcome a more revitalised you

GH notes...

Ginseng root (below) increases arousal and sexual satisfaction, while chocolate increases desire, according to a review of studies into natural aphrodisiacs. Pass the Minstrels!

