

# Do try this AT HOME!

Our favourite beauty and wellness experts share their easy tips for DIY rejuvenation

## The soothing stretch

'Mimic that post-massage feeling with a stretch to instantly ease tension in your hips and lower back,' says personal trainer Dalton Wong. 'Lie face up with the soles of your feet together, getting your feet as close to your bottom as you can. Let your knees fall softly outwards and hold for two to five minutes.'

## The crystal cure

Place a crystal of your choice on your tummy (amethyst is said to recharge body and mind) and hold your right hand over it. With your left hand lightly on your heart, breathe in for a count of five, out for five, then in for seven and out for seven, and repeat, staying aware of how your breath feels entering, expanding and exiting your body. 'It's the equivalent of an internal hug,' says healer Emma Knowles.

## The complexion cleanse

Facialist Sarah Chapman is known for her love of facial steaming, to cleanse and brighten dull and congested skin. She recommends applying a layer of your favourite cleanser while you relax in the bath for five minutes, before removing it

with a damp face cloth. 'The steam opens your pores and allows your cleanser to penetrate, for a thorough cleanse and fresher-looking skin.' Alternatively, invest in her new **Skinesis Pro Hydro-Mist Steamer**, £119 (sarahchapman.com).

## The healing soak

To relax body and mind, throw a few handfuls of magnesium flakes into the tub, says Marian Hook, director of training at ESPA. 'Known as the "master mineral", magnesium facilitates over 300 reactions in the body, helping to ease aches and pains and stimulate production of serotonin to leave you feeling calmer. Pour in while the water is running, then soak for at least 20 minutes.' Try **Better You Magnesium Flakes (1)**, £3.99 for 150g.

## The face de-puffer

'Make gentle fists with both



hands and place on either side of your chin, knuckles above your jawline and the pads of your thumbs below. Sweep your knuckles down to meet your thumbs in a pinching motion and repeat along your jaw and up to your ear on either side. Then use your knuckles and

thumbs to make similar pinching and lifting motions across your cheek and brow,' says facialist Abigail James.

## The instant de-stresser

Get the most from an aromatherapy rollerball with this tip from Annee de Mamiel, acupuncturist, aromatherapist and holistic facialist. 'Roll on to the inside of your wrists, rub together, inhale for a count of three and exhale for five.' You can also rub it across your chest from the centre out, inhale, and roll back to exhale. Try **De Mamiel Sleep Series Soothe Oil**, £40, for deeper sleep, and **This Works Stress Check Breathe In (2)**, £16, to unwind on the go.

## The mindful routine

Try starting the day mindfully for spa-like calm, like wellbeing expert Madeleine Shaw. 'I drink peppermint tea while I listen to meditation audio tracks, and I don't look at my phone until I'm out of the door. At the end of the day, I wind down by applying a hydrating mask while I watch Netflix and switch peppermint for camomile.' Try **Origins Glow-Co-Nuts Hydrating Coconut Moisture Mask (3)**, £26.50.

## 3 ways to PRESS THE PAUSE BUTTON

**READ** *Rituals For Every Day* (Hutchinson). Co-authors Nadia Narain (top UK yoga teacher) and Katia Narain Phillips (wellness expert) have cooked up the ultimate guide to taking a moment to step off life's crazy treadmill.

**LISTEN** to *Untangle*, the podcast from Meditation Studio (available on iTunes). Each episode features an interview with an expert sharing thoughts on how to black out noise and bring more balance to everyday life.

**DRINK** Aime Matcha Glow, £49 for 30 sachets (aime.co). With 137 more antioxidants than other green teas, this yummy superfood cocktail contains matcha, aloe vera and collagen to boost skin, nails, joints and ligaments. ◻