



wellbeing
 Feeling great, inside and out

how I relax...
Fearne Cotton
 "To relax I like to paint portraits. I completely zone out and forget about all those nagging worries. I also adore popping to Champneys (health spa) with Holly Willoughby for a two day chill out session. Messages, facials and an early night – perfect!"

Sun Burst
 Combining elegance with forward thinking design, we're snapping up yoga guru Rainbeau Mars' line for Adidas. Worked out in uplifting, Indian-inspired shades this cheerful range is in sports shops priced from €45.

The Rub
 The lovely people at Tisserand have come up trumps with an all-natural range of massage oil blends especially intended for home use. We like the non-drip packaging and the massage tips that come with each bottle. €8.50 each at health stores nationwide.

Step to it
 Lavish your footies with a salon-style treatment this month thanks to Liz Earle's new foot scrub (€14) and foot repair moisturiser (€11.50). Enriched with avocado and wheatgerm oil, plus revitalising peppermint and rosemary essential oils, slather on after work to soothe tired feet. At Wide & Greene, Milltown, Dublin 6.

WRAPPED UP
 Combat dehydration by indulging in a Circus Bello Bervon Wrap (€180) at the new spa at the K Club. Loaded with pink grapefruit, juniper and rosemary oils, these ingredients flush out toxins and leave skin looking dewy and revived.

doctor's orders
 With reports claiming that Mel honey is hugely effective in the treatment of cancer patients, this new strain of medicinal honey looks set to be the superfood of 2009. Available for €45 at Down To Earth, Dublin and selected health stores nationwide.

THIS MONTH...
 ...we're spending our Tuesday and Thursday nights working out with Fitzquid in the Phoenix Park. These circuit training sessions are great fun, and a fantastic way to meet new people. The best bit? Eighteen one hour sessions costs a mere €99. Classes also take place at Bushy Park and Herbert Park. fitzquid.ie

98 IRISH TATLER JUNE 2009