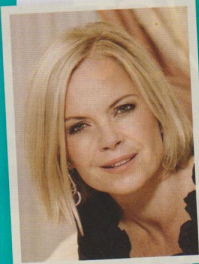




PERSONALLY SPEAKING

HEALTH  
*on my shelf*



TV presenter **Mariella Frostrup, 46, reveals her healthy essentials**

**My wellbeing**

'I take after my mother, who has a very natural approach to health and beauty – she swears by plenty of fresh air and drinking lots of water. So at weekends, I always try to get the family outdoors, even if it's just to the park. I'm also a great believer in leaving the car and cycling.'

'When I want to escape the city, I head to our house in South Ayrshire, Scotland – I think I always look and feel my best after a spell in the clean, fresh air there.'

'Drinking eight glasses of water a day also makes a big difference to my skin. I'm looking forward to the summer, as it motivates me to stay hydrated, so my skin looks plump and I feel energised – which I need as a busy mum of two.'

• *Mariella presents coverage of the Hay Festival on Sky Arts from 21 May, and Open Book on Radio 4 every Sunday.*

**Jurlique Lavender Hand Cream, £17**

'I've used this for years – the scent of lavender is always so relaxing.'



**Knackered Cow Relaxing Bath & Shower Gel, £16** 'There's nothing more recuperative than unwinding in a bubble bath at the end of the day.'



**Aesop Primrose Facial Cleansing Masque, £23.95** 'This is my fail-safe fix. Afterwards, my skin glows with health.'



**Tisserand Tea-Tree Organic Essential Oil, £4.50** 'Tea tree oil has antibacterial properties, so I keep it in my bathroom cabinet in case my toddlers tumble and graze themselves.'



**Halos N Horns Hair & Body Wash, £25** 'This is so gentle, which makes it great for eczema-prone skin. Plus my kids love the fruity smell.'



**Elemis Exotic Frangipani Monoi Moisture Melt, £29** 'This smells amazing. I like to use it on holiday as it's perfect for getting rid of dry patches.'



**This Works Skin Deep Dry Leg Oil, £35** 'I smooth this into my legs in the summer as it gives my skin a gorgeous sheen.'



**Miller Harris Fleur Oriental Candle, £30** 'The orange flower, vanilla and rose fragrance that fills the bathroom when I burn this is intoxicating.'

