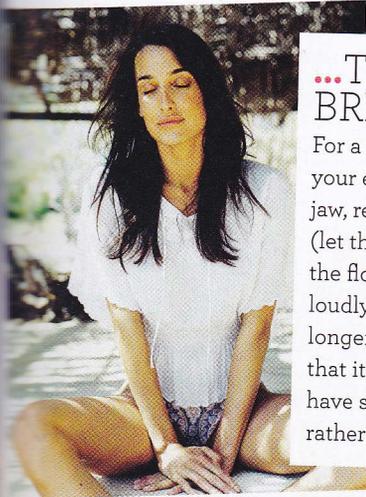


Body & soul

Our round-up of wellbeing tips, news and advice to help you feel your very best

TAKE A MOMENT...

If you're looking for easy, effective ways to bring calm and energy into your life, Sophrology may be the answer. An east-meets-west self-help method, created in Spain 50 years ago as a drug-free way to help treat patients suffering with post-war trauma and depression, it teaches genuinely do-able techniques inspired by hypnotherapy, meditation, visualisation and yoga - with no mountain-top retreat required! Visit sophroacademy.co.uk to find local teachers or try...



...THE MICRO BREAK

For a few seconds, close your eyes, unclench your jaw, relax your shoulders (let them drop towards the floor) and breathe out loudly. You can do it for longer, but bear in mind that it's more effective to have several short breaks rather than one long one.

...ANGER RELEASE

Stand up, take a cushion, close your eyes, breathe in and imagine you are putting all your anger/tensions/annoyance into the cushion. Then breathe out loudly while throwing the cushion at the floor. Repeat twice more. On the third time, when the cushion is on the floor, keep your eyes closed and experience your feelings. When you are ready, breathe out, rub your hands and open your eyes.



SPA TREAT OF THE MONTH BODY BLASTER

Skin-smoothing, tension-relieving, muscle-sculpting and waste-dispersing, **Sanctuary Spa's** new **Active Reverse Body Treatment** is perfect pre-holiday or big event. Our tester reported incredible energy levels and softer, more glowing skin for weeks (£85, 0845 521 4567). At home, try daily body brushing and taking a few moments to massage products into your skin. Try **Sanctuary Spa Tight & Tone Body Serum**, £12, lightweight but firming, with citrus extracts.



Music to your ears

Listening to favourite old songs can help your body act younger, says Harvard psychologist Ellen Langer. 'If you listened to a specific song at a time when you had more vitality, hearing it now can make you feel the way you did back then. The more we experience that vitality, the more we question the need to give it up as we get older,' she says.

PUT A SPRING IN YOUR STEP RESEARCH SHOWS THAT PEOPLE WHO STRODE DOWN THE STREET, HEAD HELD HIGH, TAKING LONG STEPS WITH SWINGING ARMS FOR JUST THREE MINUTES FELT 'SIGNIFICANTLY HAPPIER' THAN THOSE WHO WALKED LOOKING DOWNWARDS WITH SMALLER STEPS AND SLUMPED SHOULDERS. GO ON, WALK THE TALK!