



Éminence's tropical scrub is free from parabens and harsh chemicals. Amazene's fruity bath gel smells divine



meant I did drag myself there with my three-year-old and swim with him a few times a week. I really meant to go and work out but it didn't happen.

After boot camp

Returning from boot camp brought a huge change, as I now visit the gym whenever I can fit it in. I am fully confident to go for body pump or circuits classes, or basically whatever I can fit in around the children. I think most gyms seem to adapt to differing lifestyles depending on the area and facilities but this one is very child friendly. I can use the crèche, which is well equipped, or drop the kids at swimming classes. I love the circuits, as I don't need to learn the complicated weights; it's just a simple 'press a button and go' routine and I use my little timer to do two minutes at each station like a new person. It's a pleasure to work out and the atmosphere is great.

I do also go for runs now along the back of my house which is so refreshing. All I can say is, if I can do it anyone can!

Inspired and inspiring

The rest of the time it's been fairly hectic at Lifescape recently with lots of shows, work going on improving our website and just keeping in touch with all the elements that bring Lifescape together. Working with all the people involved and interested in Lifescape is something I enjoy hugely. I love hearing from Gwen who at 91 is asking me to help her find a designer for her flyers to save animals in Greece from being trapped in cars. I also really like to chat with the girls online going through difficulties putting together their businesses, often not knowing exactly how to plan or having various challenges and issues along the way. It's nice to swap skills and I have often found lots of inspiration and help from them.

New discoveries

At the moment most inspiration is coming from Carrina at www.yournaturalbeautystore.com who is so excited about what she is doing and

working hard to create a haven for all cruelty-free products. She has such original ideas for her site and the ethos is pure.

Another company I've only just discovered is Lucy Russell. I'm not sure why I've been so slow on the uptake, but I admit I have only just tried her range and really love both

the packaging and the products inside. They have it all – they're homemade, with great formulation and high quality ingredients. I found the face care products, especially the toner, really work for me. At £18 from www.lucyrussellorganics.co.uk it's great value for certified organic.

On that note I am so happy to have got a package from Éminence organic skin care. They have always been a favorite of mine every since I tried their dark cherry cleanser for our first issue of Lifescape. Éminence is a well established Hungarian company of over 40 years with products that smell so good you could gobble them up. I love the way they are so gentle as well, it feels like I am really feeding my skin. They are handmade and I don't know why but I can just tell they really are made in a gentle way. I am using the coconut scrub £34 from www.eminenceorganics.com.

Last but not least I am loving a new brand called Amazene. Papaya is my favorite fruit so I've been using the Papaya and Acerola Shower Gel, which is just divine. It's sulfate and paraben free and sourced from and in the style of the Amazon region. It costs £6.95 from www.amazene.com. I'll be very brief on my food intake because it's been a bit lazy - it's all about soups, salads and my customised Abel & Cole veggibox from www.abelandcole.co.uk. ■

Lucy Russell Organics products are Soil Association certified



Useful stuff

1. Enell Sports Bra £44 www.enell.com

My Enell sports bra is the most fantastic assistant to my new sporty regime. Not only is it very cool looking, it gives me more support than any other bra I have tried. Now I have one I can't imagine life with out it.

2. Don King boxing \$39.99 www.2ksports.com/games/donkingboxing

After getting into boxing at Prestige Boot Camp I find doing this boxing work out one of the fun ways to exercise on a day I would otherwise hide out and not face the gym or running path!



3. Interval timer \$19.95 www.gymboss.com



I love the fact that this is so small and easy to use. It helps keep me interested in either running or circuits. It's a complete no-hassle way to time myself and keep on target.