

## 5 of the best luxury beauty brands

- 1 Lucy Russell organics – certified by the Soil Association and beautifully packaged, this range is hand created by Lucy Russell. [lucyrussellorganics.co.uk](http://lucyrussellorganics.co.uk)
- 2 Dr Hauschka produce gorgeous ethical organic products relying on the power of nature. [drhauschka.co.uk](http://drhauschka.co.uk)
- 3 Organic at Heart – available through Waitrose, this gorgeous selection of products has plenty for mums-to-be and babies. [organicateheart.co.uk](http://organicateheart.co.uk)
- 4 Award winning products from Green People include a yummy spa range and make up. [greenpeople.co.uk](http://greenpeople.co.uk)
- 5 We love the Wild Rose range at [weleda.co.uk](http://weleda.co.uk) for its luxurious scent.



## Optimum Health

The nutritional value of our food is in steep decline. The land has been losing nutrients for many years, accelerated by intensive farming. However, seaweed reabsorbs all the nutrients leached from the land and we can benefit from this by taking seaweeds as a supplement. Sea vegetables contain nature's broadest and most balanced range of nutrients in a bioavailable form. Seagreens are a wild pure wholefood, a blend of shallow water seaweeds, which are wild harvested, sustainably off the Arctic Norwegian coast. See [oceansofgoodness.com](http://oceansofgoodness.com).



# Wellbeing

Take off your shoes, slow down your tea drinking and discover the hidden health benefits of seaweed

## TEA CEREMONY

Modern-day versions of the tea ceremony – a process of pouring boiling water over a bag of 'tea dust' before gulping down the sugary-milky concoction – have become a mere shadow of the intricate tea making rituals of yesteryear. Preparation and consumption of tea were once integral parts of the meditative process where brews were instrumental in maintaining an ideal state of mind – a sense of awareness and alertness combined with a feeling of peaceful harmony. People were aware that what they were drinking came from a living, breathing plant, and that sipping its elixir yielded positive natural healing energies that harmonised the body with the mind. Tea paraphernalia would be laid out carefully on a table and admiring the simple beauty of these utensils contributed to the processes of 'emptying' oneself out. See [leafshop.co.uk](http://leafshop.co.uk) for more on the art of slow tea.

## 1000

- the number of chemicals used by beauty companies that are thought to cause harm to living organisms

## 38,000

- the amount of animals tested on annually by the cosmetics industry

## 600

- the number of different synthetic chemicals that are contained in one bottle of 'luxury' perfume

## Shed Those Shoes

Growing numbers of parents are questioning the Western insistence upon shoes for babies and young children, looking instead to the benefits of going barefoot. Walking barefoot helps to avoid flat feet and other problems such as damage to the back, the knees and the hips. It is well-known that ethnic groups who do not wear shoes have very healthy feet. A barefoot person automatically shifts the body weight to the outer edges of the feet, where the skin is less sensitive to stones etc., and thus actively compensates for flat feet. During the last two decades, about 60 barefoot parks have been founded in Germany and Austria. They are open to the public and offer the opportunity to walk on natural ground and to feel a variety of materials with the bare soles. Visitors can balance, climb and walk through brooks and rivers. Some barefoot parks include playground sections designed for barefoot use. See [barfusspark.info](http://barfusspark.info) for further details.

