

Health and Wellbeing *checklist*

Your body is precious and it pays to look after yourself. Here are a variety of ideas to be – and stay – healthy

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Win a bundle of expertly formulated lixirskin products *Worth £160!*

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lixirskin are a vegan and cruelty-free brand using responsibly sourced ingredients, 100% recyclable tubes and bottles (with 40% recycled tubes) and FSC approved cartons. Less is more, lixirskin don't believe in multiple dedicated products – a good formula does it all. Enter to win a lixirskin bundle of Vitamin C Paste, ElectroGel Cleanser, Universal Emulsion, Ionic Shot and Peel Express.



Visit the website lixirskin.co.uk to shop the full range and find out more.

lixirskin

Your very own centre of wellness at home

Origin are Britain's leading indoor pool company and have been creating custom designed projects, from beginning to end, for well over 40 years.

Origin have a highly qualified team of longstanding and experienced employees. This commitment and loyalty provides a constancy that is beneficial and dependable in this exciting industry. At the beginning of this year, Origin were able to add to their extensive collection of industry awards by taking away a further three gold SPATA awards for swimming pool design and construction as well as winning six awards at the UK Pool & Spa Awards.

Designing and building a swimming pool and pool house is quite unlike any other building project. A successful project requires all the specialist areas to be integrated into a consolidated design from the start of the process.



Origin are unique in that their team includes specialist designers, architects, engineers and project managers. They take complete control, encompassing the entire process,

from beginning to end – from architectural design to planning, construction to maintenance and an after-sales service that is second to none.

Simply put, Origin do it all and keep you informed at every stage so you can relax and take a step back, secure in the knowledge that their experts will all be working together to the same brief from the start.

So, why not thrive with Origin? Combine relaxation, health and exercise in one dream project by constructing your very own centre of wellness at home: an indoor swimming pool.



ORIGIN

Call Origin on 01895 453996 or email info@originpools.co.uk for more information. Visit originpools.co.uk and follow [@originpoolsuk](https://www.instagram.com/originpoolsuk)

Win a Wickedly Good Spa Gift Set *Worth £286!*

At Mama Nature they have harnessed the transformative magic of nature into gentle but powerful products – infused with love. Mama Nature are giving away a magical one-off gift set containing five of their natural, luxury spa products and their amazing gold-infused Allure Night Cream. Visit mama-nature.co.uk and use code G25L for 25% off. Can also be used alongside the current three-for-two offer.



MAMA
NATURE
COVENT GARDEN LONDON

checklists.co.uk/win/mamanature

Finally, a body-inclusive, ultra-flexible vibrator built for every body shape and size

The year is 2022, so why are some women's vibrators still designed like they belong in a museum? Rigid, bulky, loud, and frankly incompatible with women's bodies – until now. Meet Poco, touted as the world's first G-spot vibrator designed to mimic human fingers and deliver targeted vibrations.

Say goodbye to fixed designs and revitalise your bedroom with this top-end vibrator that bends to fit your body. Everyone is unique, which is why Poco bends to adapt to your unique shape, not the other way around. Experience Poco's two vibrator motors that expertly pinpoint the right areas.

Elevate your bedroom with confidence with the compact, portable, and discreet vibrator that delivers what you want on demand, right in the palm of your hand. Known for its myriad of customisation options, Poco allows you to create your very own playlist by programming your own vibration patterns.



Enhance partner intimacy with a very smart app and an even smarter vibrator with 16 vibration settings that give you complete control of your climax. Get ready to discover new ways to use Poco every time you pick it up.



Get an extra 20% off in MysteryVibe's current sale at mysteryvibe.com

Yoga Therapy – whole-person wellness



Yoga has become ever more popular, but did you know that it is increasingly offered as a therapeutic intervention? At The Minded Institute, they wholeheartedly believe that yoga therapy can help play a role in the management of various mental and physical conditions*. To support this mission, they provide expert education to help yoga and health professionals translate the benefits of yoga therapy to other settings worldwide. Trained in evidence-based and holistic approaches, yoga therapists assess multidimensional determinants of health. This includes examination of posture, strength, flexibility, energy, sleep quality, breath, thought processes, social and occupational factors and personal purpose. Drawing on this broad investigation, yoga therapists guide clients through bespoke programmes including postures, breathing techniques, meditations, guided relaxations and lifestyle advice.

The Minded Institute (TMI) is one of the leading yoga therapy training schools offering short courses and a three-year

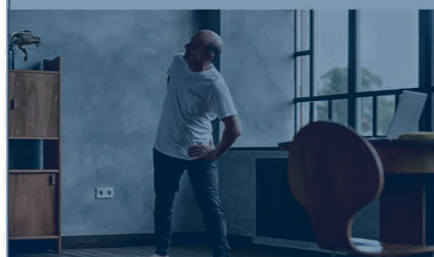


diploma in yoga therapy, open to yoga and health professionals. Uniquely, TMI is the only school in the world accredited by the British Council of Yoga Therapy and the International Association of Yoga Therapists. A highly academic and embodied training, graduates learn psychotherapeutic skills, clinical intake, anatomy, physiology, the psychophysiological impact of yoga practices, health conditions viewed through medical and yogic lenses, yoga research and behavioural change science.

TMI is internationally renowned for teaching in-depth neuroscience and providing innovation in mental health treatment. Graduates transform services through new approaches to health, open private yoga therapy practices, work on public health policy, fuse yoga therapy with pre-existing professions and most importantly, learn how to better care for themselves.

Visit themindedinstitute.com to connect with a yoga therapist or develop a new and rewarding career path.

*Always seek the guidance of your GP or other qualified health professional with any questions you may have regarding your health or a medical condition.



Feel like you again

Would you like access to proven practical tools and strategies to help you relax and take charge of the symptoms associated with menopause, whenever and wherever you need them?

Helen Beward is an international speaker, trainer, published author and award-winning therapist, who can help you manage your menopause symptoms. Helen teaches holistic techniques through her book and downloadable programmes to use in the comfort of your own home or in person in her clinic. Whether you need a temporary solution or a longer-term holistic strategy that isn't medication based – let Helen show you how to feel like you again.



Visit helenbeward.com/menopause to find out more. Contact Helen today by email at helen@helenbeward.com or call 07561 544511.

Feel the shield this allergy season with Fusion™ Allergy

Allergy season can have a serious effect on many people's everyday lives and avoiding allergies can seem almost impossible.

The Fusion™ Allergy range is designed to provide relief from allergies all year round. Its natural, drug-free and preservative-free products make it ideal for everyday use.

Allergies are set to increase across the UK with 40% of kids suffering from allergies¹. The Fusion™ Allergy range is suitable for all ages, including infants*.



Introducing the Fusion™ Allergy range to manage allergy symptoms in your eyes, nose and throat:

- Fusion™ Allergy Lozenges for itchy palate
- Fusion™ Allergy Nasal Spray for symptoms such as sneezing and runny noses
- Fusion™ Eye Drops and Fusion™ Allergy Eye Spray for symptoms such as itchy, red eyes and streaming eyes
- Fusion™ Allergy Cooling Mask for swollen and inflamed eyes and eyelids.

FUSION™ Allergy

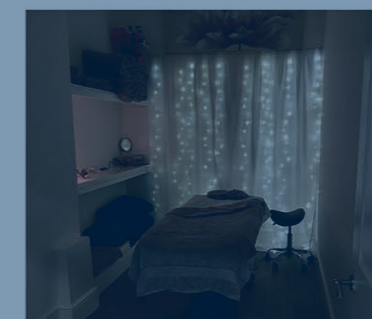
Find your allergy solution today at Boots, Lloyds and all good pharmacies nationwide. Visit fusion-allergy.com for more information.

1. White Book on Allergy (World Allergy Organization, 2013) *Excludes lozenges, which are only suitable for ages six and over.

Holistic excellence – naturally

One of the best holistic therapy centres in the UK, tucked away in beautiful Bournville, Birmingham, has a reputation for first-class client experience and treatments, offering a warm, friendly and calming atmosphere.

Offering a full complement of natural therapies which include reflexology, the centre has a renowned reputation for bespoke massage therapies, from the relaxing and post-surgical through to remedial, using only natural and organic ingredients and oils.



Rise up and take control of your comfort in a British-made riser recliner



Are you sitting comfortably? If you suffer from achy joints and poor posture, the answer is probably no. You might think it's an inevitable part of growing older, but it's your chair that's often to blame.

The way you sit has a profound effect on your mobility and wellbeing. That's why for millions of people, a riser recliner chair is a life-changing investment.



The Heritage Cullingworth is one such chair that's currently stealing the limelight. The independent experts, *Which?*, said: "Simply put, this is the best riser recliner we've ever seen." They endorsed the Heritage Cullingworth as a *Which?* Best Buy for Riser Recliner Chairs. Scoring it highly for comfort, security, and ease of use.

Handmade here in the UK, the Cullingworth gives you the freedom to sit back and relax or rise to your feet effortlessly. There's even a handy USB charging port built in.

It's the first British-made riser recliner chair

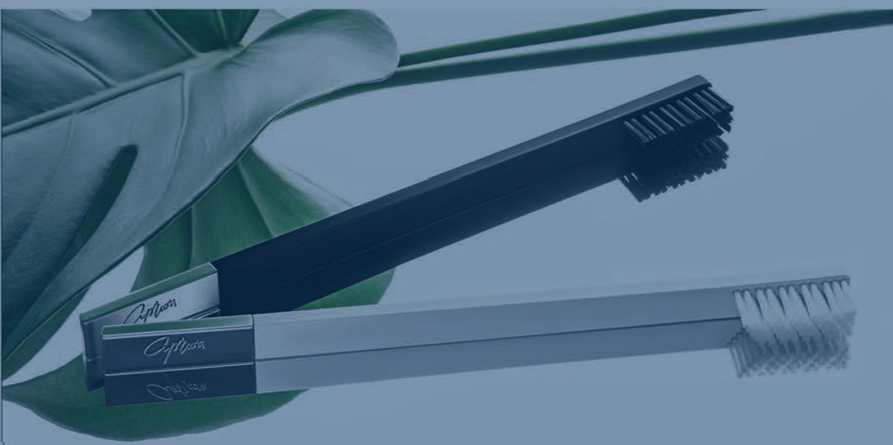
with a powered headrest and lumbar to support your lower back. And comes with an exclusive five-year parts warranty for your peace of mind.

Available in your choice of colour and material including leather, the traditional shape fits beautifully alongside existing décor.

Fenetic Wellbeing is the mobility retailer of choice for over 300,000 satisfied customers and counting.

FENETIC WELLBEING

The Cullingworth is available from just £1,399.99. Call 0800 567 7618 and quote code GFW50 for £50 off. Or visit feneticwellbeing.com to find out more.



Up your toothbrush game with SLIM by Apriori

Oral care is core to everyday routines, but much like many other daily rituals, dental hygiene is often perceived as a 'background task' within daily life. As a result, products frequently lack aesthetic value, focusing on function whilst disregarding form.

Apriori seek to reset this view. Apriori have taken an everyday item and redesigned it in a clear, elegant, and simple way – creating the Red Dot award-winning SLIM by Apriori toothbrush, an innovation in the oral care sphere.

SLIM by Apriori toothbrushes fuse innovation and striking aesthetics with sustainability and the highest standards of oral care. It is an uncompromising approach, highlighting the idea that functioning products can prioritise aesthetic design too.



reddot winner 2020



Available at slimbyapriori.global and feelunique.com

They also offer professional certification for those passionate in delivering excellence to clients. April 2019 saw the launch of their 17-product vegan and cruelty-free organic skincare range – Mandarin Tree Organic – which complements their wholly holistic approach. They have recently expanded their multi-award-winning expertise and opened the Droitwich Therapy Centre at 9 Victoria Square, Droitwich. Call 01905 772483 to contact the centre.

Email bournvilletherapies@gmail.com, call 0121 472 6900 or visit bournvilletherapycentre.com to find out more.



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